

Classes guide

Play spaces & Gyms

Apple seeds

Besides their spotless members-only romp rooms stocked with foam shapes, balls and building bricks, these two hubs offer classes for tots up to age five. New walkers pick up ballet basics in Twinkle, Twinkle, Little Toes; musically inclined tykes try their little hands at drums, piano and other instruments in the renowned Songs for Seeds program; and parents and their babies can bend and flex together in Parent & Me Yoga. Other highlights include cooking, art and Spanish programs. •10 W 25th St between Broadway and Sixth Ave (212-792-7590, appleseedsplay.com). •200 West End Ave between 69th and 70th Sts (212-792-7591). Fall session begins Sept 10. Sixteen classes \$450— \$955. Ages newborn to 5 years.

