

# New York familyCLUB

"PARENTING WITH SENSE AND SENSIBILITY"

December 2-8, 2009



## **songs for seeds Comes Uptown With A Free Semester Class!**

apple seeds' beloved music program for children, known as "songs for seeds," is coming uptown with classes at Reebok Sports Club/NY and

The Sports Club/LA beginning in January, and New York Family is delighted to offer a free semester class at either of the uptown locations.

To qualify, write to us, putting "seeds" in the subject line. Deadline is next Tuesday, Dec. 8 at noon. Please note that anyone who enters the contest automatically qualifies for a \$25 discount off the new songs for seeds uptown classes. Also, both locations are hosting free demo classes for the next month, beginning on Friday, Dec. 11, which you can sign up for at [appleseedsnyc.com](http://appleseedsnyc.com).