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SUNDAY, AUGUST 28, 2005 / Clouds, sun and a t-storm, 82 / Weather: Page 34 RR

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Grow up, fast!

Show tunes & sushi for tots

By LINDSAY POWERS

Your 3-year-old can't cook dinner yet?

What are you waiting for? Day care is so over — and de-boning fish classes are so in — for the under-5 set.

Manhattan parents have reached a whole new level of grooming their kids for greatness, starting with exhausting and expensive résumé-building extracurriculars as early as 2 years old — including Broadway dance and singing lessons, yoga sessions and sushi-making classes. And the fall sessions are filling up.

"There's no end to what parents will do to give their kids a leg up," said Pamela Weinberg, author of the City Babies guide.

At the Miette Culinary Studio, celeb chef Paul Vandewoude, who once helmed the kitchens of the West Village's Tartine and

Titou, teaches kids as young as 3 to make sushi rolls.

The company also offers personalized workshops, once arranging for "six whole, live fish" to be delivered to a 9-year-old's birthday party so he could learn how to de-bone from French Culinary Institute-trained chefs. A 7-year-old and her friends mastered pommes frites and crème brûlée.

For \$20 a session, 2-year-olds can relieve themselves of "stress or anxiety" by twisting themselves into yoga poses at Exhale Spa — the same place actress Julia Roberts has been spotted working up a sweat.

At Broadway Babies, parents shell out \$640 for their infants to come away burbling show tunes, bouncing through coordinated dances and playing various instruments.

"By the time they're 4, they're singing and dancing. By 5, they're in off-Broadway shows," said Audrey Kaplan, the program's creator.

The Baseball Center on the Upper West Side offers a "Junior Sluggers" program for 2-year-olds. Kids learn how to play, even if they can only waddle around the bases. A 15-week session is \$475.

And for \$1,700, the Upper East Side's Sunshine Kids Club will teach 3-year-olds "social graces" in a program called the Lunch Bunch.

Childhood specialists warn against too much of a good thing.

"I just think this competition about who's going to have the most overachieving, educated child is a little sad," said Elizabeth Quintero, an associate professor in early-childhood education at NYU.



LITTLE EARLY: Year-old Matteo Casellini "learns" show tunes on the piano at Broadway Babies, where parents pay \$640 for music and dancing classes.