

## Brooklyn Park Senior Center: AACC In-Person Course Descriptions

Spring Term Dates: April 20 - June 30, 2026

Day and Time	Course / Section #	Section Title	Start Date	End Date	Instructor	Description
Tuesday, 1:00pm-2:00pm	HTH-947-235	Yoga	4/21/2026	6/23/2026	Katie Thompson	Brooklyn Park Senior Center   Yoga   Come join this mat yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. You will leave feeling strong, centered, and peaceful. There is a focus on breathing practices to induce a more relaxed state in the body, mind, and spirit.
Thursday, 1:00pm-3:00pm	CRE-912-219	Acrylics	4/23/2026	6/25/2026	Katie Thompson	Brooklyn Park Senior Center   Acrylics   In this class, students will learn skills to paint a variety of nature scenes on elements from nature including rocks, driftwood, oysters shells, crab shells and more. Advanced and beginner students are welcome. Class is designed to be a relaxing and fun exploration of painting and art! Please come to the first session to see examples of painted elements and discuss supplies. Acrylic paints and brushes are required for this class. All nature elements will be provided by the instructor.
Friday, 9:30am-11:00am	SLG-905-201	Conversational Sign Language: Level 1	4/24/2026	6/12/2026	Gayle Fraser	Brooklyn Park Senior Center   Conversational Sign Language: Level 1   Examine the fundamental principles of American Sign Language. Explore basic sign vocabulary, syntax structure, finger spelling, and numbers. Discuss the origins of sign language.
Friday, 11:00am-12:00pm	HTH-944-207	Weight Training for Seniors	4/24/2026	6/12/2026	Sandra Nicht	Brooklyn Park Senior Center   Weight Training for Seniors   No Class June 19   Begins with a simple joint warm up. Basic exercises using weights will be taught with an emphasis on proper form and alignment and progressions to build muscle endurance as well as strength. Modifications and substitutions will be offered for special needs.