

# Mind & Body

Summer 2024

## Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key.

Bring a towel and tennis shoes. **Keyword: Fit**

July 1-Sept. 20	M, W, F	9:30-10:30 a.m.	\$65
Plattsmouth, PLLC	Scanlan	AREA-8810-PLUA	

## NEW! Beginning Line Dance

How would you like to get fit and dance a bit? Line dances are a great way to start your dancing adventure. They're fun to learn and easy to remember. Any level of skill, from novice to experienced, will enjoy this class. You will learn at least one new line dance each session with time for review and practice. Register early! **Keyword: Dance**

July 29-Aug. 19	M	7-9 p.m.	\$45
Plattsmouth, PLLC, Commons	Cottle	AREA-4970-PLUA	

## Beginning Ballet for Adults

It's not too late to learn ballet! Explore the world of classical ballet.

Wear comfortable clothes. Shoes will be discussed at the first class.

**Keyword: Ballet**

July 27-Aug. 31	S	9-9:30 a.m.	\$49
Plattsmouth, SMDC	Stuetelberg	AREA-4876-PLUA	

## Ballroom Dance

Fun for you and your partner as you discover the waltz, fox trot, swing and polka in a relaxed, informal atmosphere.

No flip-flops or loose shoes. Complete a registration form for each partner. **Keyword: Dance**

Aug. 2-23	F	6:30-7 p.m.	\$59/couple
Plattsmouth, SMDC	Stuetelberg	AREA-4877-PLUA	

## NEW! Cooking for Health: High Blood Pressure

Learn the art of cooking low sodium and low saturated fat with Chef Miriah. Using some of the small ways to tweak cooking for lowering blood pressure, you will get to taste the results. Leave with delicious recipes for your family.

Chef Miriah is a certified American Culinarian and holds a B.S. in Human Nutrition. There is a \$10 fee (cash or check) payable in class.

**Keyword: Cooking**

Aug. 17	S	11 a.m.-12:30 p.m.	\$35
Plattsmouth, PLLC, 102	Potter		
Registration Deadline: Aug. 9		AREA-4401-PLUA	

## Cooking for Health: Diabetic Edition

Discover the secrets of diabetic cooking with Chef Miriah. Learn how to determine the glycemic index of foods and cook some delicious recipes.

Chef Miriah is a certified American Culinarian and holds a BS in Human Nutrition. There is a \$10 fee (cash or check) payable in class.

**Keyword: Cooking**

Sept. 14	S	11 a.m.-12:30 p.m.	\$35
Plattsmouth, PLLC, 102	Potter		
Registration Deadline: Sept. 6		AREA-4400-PLFA	



## YOGA CLASSES

It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a yoga mat to class. Choose a location and class to fit your needs.

### Yoga

Mats provided. **Keyword: Yoga**

July 11-Aug. 15	Th	6:30-7:30 p.m.	\$45
Plattsmouth, PLLC, 103	Brannan	AREA-8585-PLUC	
Aug. 22-Sept. 26	Th	6:30-7:30 p.m.	\$45
Plattsmouth, PLLC, 103	Brannan	AREA-8585-PLFA	



[ed2go.com/scnc](https://ed2go.com/scnc)

## BROWSE COURSES IN

**Accounting and Finance**  
**Business**  
**College Readiness**  
**Computer Applications**  
**Design and Composition**  
**Health Care and Medical**

**Language and Arts**  
**Law and Legal**  
**Personal Development**  
**Teaching and Education**  
**Technology**  
**Writing and Publishing**

### Location Key

Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.  
Plattsmouth, SMDC.....Studio M Dance Company, 619 E. Wiles Road #104

For more information, contact **Lyn Belitz** at 402-437-2298 or [lbelitz@southeast.edu](mailto:lbelitz@southeast.edu)

Check out all classes offered at [southeast.edu/PlattsmouthLC](https://southeast.edu/PlattsmouthLC)  
Find us on Facebook® at [facebook.com/SCCLearningCenteratPlattsmouth](https://facebook.com/SCCLearningCenteratPlattsmouth)

# REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)  
Key Word Example: *Driver*  
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

\* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

# OR REGISTER BY MAIL, FAX OR IN PERSON



## Registration Form - Non-Credit Course

Today's Date ____/____/____
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Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

\* Required

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [southeast.edu/academics/college-catalog.php](http://southeast.edu/academics/college-catalog.php) for additional information.

Social Security Number OR SCC Student ID Number		* Birth Date	Name: * Last		* First	Middle Initial
* Residence Mailing Address			* City	* State	* Zip	County #
* Email Address			* <input type="checkbox"/> Cell Phone <input type="checkbox"/> Home		Business Phone	
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Black/African-American	

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$

### SIGNATURE

Check (must be included) (Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

V Code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Exp.Date \_\_\_\_\_ CC # \_\_\_\_\_

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you? <input type="checkbox"/> Yes <input type="checkbox"/> No
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Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. [southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php](http://southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php) \* The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

SCC Staff Tuition Waiver ( )
<b>TOTAL DUE</b>
<b>FOR OFFICE USE ONLY</b>
ID# _____
DE _____