

Sports, Recreation & Fitness

Summer 2024



Golf for You!

Golfers of all skill levels welcome. If you are new to the game or need a little tune-up, this is your class. Putting, chipping, and full swing will be covered.

Personal golf clubs are not needed to participate. However, if you have your own set, please bring it. If weather is questionable, call the pro shop at 402-441-8969. **Keyword: Golf**

July 15-Aug. 5 Lincoln, MGC	M Hess	6-7:15 p.m. LLLX-1702-OCUC	\$89
July 16-Aug. 6 Lincoln, MGC	T Hess	6-7:15 p.m. LLLX-1702-OCUD	\$89
Aug. 27-Sept. 17 Lincoln, MGC	T Hess	6-7:15 p.m. LLLX-1702-OCFA	\$89
Aug. 28-Sept. 18 Lincoln, MGC	W Hess	6-7:15 p.m. LLLX-1702-OCFB	\$89

Archery Introduction

Have fun and build self-confidence by learning archery in a self-paced class. This is a great course for those who want to try archery as a sport or recreationally.

Classes meet indoors, and equipment is provided to use for the class. You are welcome to use your own equipment, pending club approval. Instructors are certified with USA Archery. Minimum age to enroll is 8. For additional information, email swoit@allophone.com.

Keyword: Archery

July 16-Sept. 17 Lincoln, PBAC	T Prairie Bowman	6-7 p.m. LLLX-0584-OCUA	\$60
July 16-Sept. 17 Lincoln, PBAC	T Prairie Bowman	7:30-8:30 p.m. LLLX-0584-OCUB	\$60

Swordplay

Learn to swing a sword like a 14th century knight! The introduction to Medieval Longsword class instructs students in the history, use and fun of the art of the Italian longsword. The class covers basic guards, strikes and tactical concepts straight from the pages of a 607-year-old fighting manual written by one of the highest regarded professional soldiers of his time.

Loaner equipment is available, and you only need an open mind, smooth-soled shoes, comfortable athletic clothing, and some water. NOTE: You will be using synthetic longsword trainers and fencing mask. You must be at least 18 years of age to participate in this class.

Keyword: Swordplay

Aug. 15-Oct. 31 Lincoln, WLRD	Th Loder	6:30-8 p.m. LLLX-0585-OCUA	\$79
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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 Basics

New to yoga or want a basic practice? This is perfect for you.

Keyword: Yoga

Aug. 12-Sept. 30 Lincoln, CEC, 304	M Pleskac	5:30-6:30 p.m. No class Sept. 2	\$69 LLLX-1701-CEUA
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NEW! Six Conventions Every Bridge Player Should Know

Bridge is a game of communication, and using a few conventions, it can be very useful tools in the communication process and truly making your Bridge life so much easier. Knowing and using these conventions is helpful to all Bridge players. We will focus on these six conventions: Stayman, Jacoby Transfers, Opening Weak Bids, Opening Strong Bids, Doubles, and Negative Doubles.

This class is designed for a more experienced Bridge player.

Keyword: Bridge

Aug. 20-Sept. 5 Lincoln, CEC, 414	T, Th Kepler	9:30-11:30 a.m. LLLX-2367-CEFA	\$79
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NEW! Twelve Ways to Be a Better Defender

Prerequisite: Beginning Bridge

On an average day of Bridge, you will play defense half of the day. Join us as we discuss some of the following: leads, signals, second-hand play, third-hand play, clues from the bidding, leading the right card in the opening lead and in the middle of play, and counting tricks for the defense. **Keyword: Defender**

July 30-Aug. 15 Lincoln, CEC, 414	T, Th Kepler	9:30-11:30 a.m. LLLX-2366-CEUA	\$79
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NEW! Putting Your Bridge Knowledge to the Test

Each session will begin with a Bridge tip or two and a brief lesson.

Following the lesson you will have the opportunity to put your skills and knowledge to the test. You will encounter Bridge hands that are interesting, learning-centered and a wee bit of a challenge. All of the hands you will play can be made, but can you find the winning solution?

This class is designed for a more experienced Bridge player.

Keyword: Bridge

Sept. 10-26 Lincoln, CEC, 414	T, Th Kepler	9:30-11:30 a.m. LLLX-2368-CEFA	\$79
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Location Key

Lincoln, CEC	Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, MGC	Mahoney Golf Course, 7900 Adams St.
Lincoln, NEBD	Nebraska Ballroom Dance, 4820 Rentworth Drive
Lincoln, PBAC	Prairie Bowman Club, 1432 N. Cotner Ave.
Lincoln, WLRD	Willard Community Center, 1245 S. Folsom St.



NEW! Tips on Bidding Slams, Card Combinations & Pointers on Finessing

Do you find sometimes you bid game, but make a slam? This happens to all of us, but this class will provide guidelines on how to re-evaluate your point count, which may get you into bidding a very good slam. We also will discuss the Ten Commandments of making more good bids and avoiding bad ones. An additional part of this class will focus on tips and strategies on running finesses and looking at frequent card combinations and how to play them. These strategies will be very helpful whether you are playing a hand at a bid of one or a bid of seven.

This class is designed for a more experienced Bridge player.

Keyword: Bidding

July 9-25	T, Th	9:30-11:30 a.m.	\$79
Lincoln, CEC, 414	Kepler	LLLX-2365-CEUA	

Mah-Jongg Strategies

So you know the basics of Mah-Jongg but are looking for some good playing strategies. Join us for this Mah-Jongg class which includes both strategies and play. Strategies will focus on: power tiles, what to keep and what to pass during the Charleston, what to discard, identifying "safe tiles" and "hot tiles," reading exposures, changing your hand, and which hand to choose.

Please note that this is not a "how to play" Mah-Jongg class. You should already know the basics and are looking for strategies to help improve your play. **Keyword: Mah-Jongg**

June 25-27	T, Th	6-8 p.m.	\$29
Lincoln, CEC, 414	Kepler	LLLX-0958-CEUA	

Getting Started in Metal Detecting

Get the inside scoop on this surprisingly addictive hobby! Metal detecting is a fun activity for all ages. Whether you are a history buff, looking for some exercise, or a great family activity, join our class to become acquainted with the tools and accessories needed, where to search and have all of your questions answered. This is a perfect class to take if you are considering purchasing a metal detector for yourself or to give as a gift. **Keyword: Metal**

Sept. 28	S	9 a.m.-Noon	\$29
Lincoln, CEC, 404	Schwenke	LLLX-0855-CEFA	

Backyard Bird Feeding

It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your yard. **Keyword: Bird**



Aug. 7	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6882-TCUFA	
Aug. 15	Th	7-8 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6882-TCUFB	

Bird Watching for Beginners

Looking for a fun hobby you can do anywhere, anytime and without spending much money? You can't go wrong with birding (or bird watching). Discover equipment needed and locations and tips to watching your favorite birds. **Keyword: Bird**



Sept. 5	Th	7-8 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6886-TCFFA	
Sept. 18	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6886-TCFFB	

DANCE

Please register each student for couples classes. Please note that any refunds for a dropped couples class will be issued to each student equally.

Intro to Belly Dance

You will learn basic moves and enjoy dancing to Greek, Turkish and Arabic music. While we have fun, we'll also get a workout. All bodies are welcome and that means you! Modifications are taught for all fitness levels. We'd love to work with you.

Wear comfortable clothing you can move in. **Keyword: Dance**

July 11-Aug. 1	Th	6-7 p.m.	\$39
Lincoln, CEC, 111	Gregg	LLLX-1545-CEUB	
Sept. 5-26	Th	6-7 p.m.	\$39
Lincoln, CEC, 111	Gregg	LLLX-1545-CEFA	

Continuing Belly Dance

Prerequisite: Intro to Belly Dance (LLLX-1545)

We will continue dancing and learning combos and more moves, perfect for anyone who's ready to keep going. Join us for a fun workout and hang out with awesome people! **Keyword: Dance**

July 11-Aug. 1	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX-1546-CEUB	
Sept. 5-26	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX-1546-CEFA	

Red Hot Salsa

Learn the dance that HEATS up the dance floor with simmering music.

Complete a registration form for each partner. **Keyword: Salsa**

July 25-Aug. 8	Th	7:30-8:30 p.m.	\$49/couple
Lincoln, CEC, 304	Newman	LLLX-1503-CEUA	

More Intro to Swing Dance

Zydeco, East Coast Swing and Hustle . . . wow . . . impress your friends on the dance floor as you learn the foundations to club swing dances.

Complete a registration form for each partner. **Keyword: Swing**

July 7-Aug. 25	U	3-4 p.m.	\$109/couple
Lincoln, NEBD	Fritz	LLLX-1541-OCUA	

More Intro to Country Dance

More country dance fun! Learn the foundations of stationary country dances: Country Cha Cha, Night Club Two Step and Pony Swing.

Complete a registration form for each partner. **Keyword: Country**

July 11-Aug. 29	Th	6:30-7:30 p.m.	\$109/couple
Lincoln, NEBD	Fritz	LLLX-1526-OCUA	

Latin Medley

Discover the world of Latin dance as you learn to Cha-Cha, Rumba and Merengue. These dances can be adapted to any pop song. Learn how the beat determines which dance best suits the song.

Your dance guides are from Vintage Ballroom dance and have been in competitions around the Midwest. Wear hard-sole shoes, no flips flops or loose shoes. Complete a registration form for each partner.

Keyword: Latin

July 25-Aug. 29	Th	6:30-7:30 p.m.	\$89/couple
Lincoln, CEC, 302	Newman	LLLX-1548-CEUA	

For more information, contact us at
402-437-2700 or continuinged@southeast.edu.

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

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 ____/____/____

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 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"/> Native Hawaiian/Other Pacific Islander		<input type="checkbox"/> American Indian/Alaska Native <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

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 * 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 ()
TOTAL DUE
FOR OFFICE USE ONLY
ID# _____
DE _____