

# Sports, Recreation & Fitness

Spring 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**

April 15-May 6 Lincoln, MGC	M	6-7:15 p.m. LLLX-1702-OCSA	\$89
April 16-May 7 Lincoln, MGC	T	6-7:15 p.m. LLLX-1702-OCSB	\$89
June 3-24 Lincoln, MGC	M	6-7:15 p.m. LLLX-1702-OCUA	\$89
June 4-25 Lincoln, MGC	T	6-7:15 p.m. LLLX-1702-OCUB	\$89

## Introduction to Sailing

Sailing is both a fun recreation and a serious sport. All sailboats work the same way to harness the wind for propulsion. Discover how sailboats work, common types of boats and where people go sailing.

Class is taught by an experienced skipper who answers your questions and lets you experience sailing at your own pace. Life jackets required. If you have your own personal floatation device, bring it. PFDs will be furnished for students who do not have their own. Wear soft-soled shoes. A day-entry park permit will be required. If weather is questionable, call 402-314-8026 for class status. Minimum age is 12 with adult enrolled. **Keyword: Sailing**

June 22 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUB	\$59
July 13 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUC	\$59
July 27 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUD	\$59
Aug. 3 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUE	\$59

## 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 8. For additional information, email swoit@alophone.com. **Keyword: Archery**

April 9-June 18 Lincoln, PBAC	T Prairie Bowman	6-7 p.m. LLLX-0584-OCSC	\$50
April 9-June 18 Lincoln, PBAC	T Prairie Bowman	7:30-8:30 p.m. LLLX-0584-OCSD	\$50

## 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**

April 2-May 21 Lincoln, CEC, 304	T Pleskac	5:30-6:30 p.m. LLLX-1701-CESB	\$69
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## 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**

May 16-Aug. 1 Lincoln, WLRD	Th Loder	6:30-8 p.m. LLLX-0585-OCSB	\$79
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## NEW! Rock Solid Bridge

This is an ideal class for those beginning bridge players who have limited playing experience or for those who wish to feel more secure at the bridge table. This class will provide you with guidelines for opening the bidding, responding to opening bids, tips on playing the hand, making an opening lead, and overcalling. **Keyword: Bridge**

April 30-May 16 Lincoln, CEC, 414	T, Th Kepler	9:30-11:30 a.m. LLLX-1713-CESA	\$69
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## Play of the Hand - Part I

Prerequisite: Completion of One Step Beyond Beginning Bridge or equivalent  
You and your partner have gotten the bid. Hooray! The opening lead is made, the board goes down on the table and you get to play the hand. Now what? This class is full of tips and strategies on how to play a hand in both No Trump and Suit Contracts. You will learn how to count winners and create additional winners, and how to count losers and learn playing techniques for discarding losers. This class is designed for any bridge player who wants to feel more confident in playing a bridge hand. **Keyword: Play**

May 21-June 6 Lincoln, CEC, 414	T, Th Kepler	9:30-11:30 a.m. LLLX-1390-CEUA	\$69
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### Location Key

Lincoln, BOLK	.....Branched Oak Lake
Lincoln, CEC	.....Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, PPK	.....Pioneers Park Nature Center, 3201 S. Coddington Ave.
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.

## Beginning National Mah-Jongg

Mah-Jongg is an ancient game that is once again sweeping the country. This class will teach the basic foundations of Mah-Jongg and by the end of the sessions you will be ready to play in casual games with friends.

### Keyword: Mah-Jongg

April 16-25 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-0431-CESA	\$49
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## 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 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-0958-CEUA	\$29
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## T'ai Chi for Beginners

T'ai Chi is a graceful form of exercise that promotes serenity through gently flowing movements. It is gentle and not strenuous and has been shown to include a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes. **Keyword: Chi**

April 1-May 20 Lincoln, CEC, 111	M Rybij	5:30-6:30 p.m. LLLX-1712-CESB	\$69
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## Let's Go Birding: Beginning Bird Watching Hike

Birds are everywhere, and birding is for everyone! Join us for a beginner bird-watching hike at the Pioneers Park Nature Center. Learn the basics of bird identification, proper use of binoculars and the latest in bird-watching apps for your smartphone.

Binoculars are recommended. Please dress for the weather and wear appropriate shoes for hiking. Meet at the Prairie Building Auditorium, Pioneers Park Nature Center, Lincoln. **Keyword: Birding**

April 13 Lincoln, PPK, Prairie Bldg Aud	S Andrew	10-11:30 a.m. Andrew	\$29 AREA-8426-FCSB
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## 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.

### Ballroom Dance

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

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

April 3-May 8 Lincoln, CEC, 302	W	7:30-8:30 p.m. LLLX-1549-CESA	\$89/couple
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### Intro to Swing Dancing 1

Learn the foundations of the club swing dances Blues, West Coast Swing and Salsa and impress your friends on the dance floor.

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

April 4-May 23 Lincoln, NEBD	Th	6:30-7:30 p.m. Fritz	\$109/couple LLLX-1542-OCSA
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### Intro to Country Dancing 1

Traveling country dances such as Two Step, Waltz and Triple Two Step will help you gain confidence to shine on the social dance floor.

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

March 31-May 19 Lincoln, NEBD	U	3-4 p.m. Pritchard	\$109/couple LLLX-1525-OCSA
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### 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. **Keyword: Latin**

April 3-May 8 Lincoln, CEC, 302	W Newman	6:30-7:30 p.m. LLLX-1548-CESB	\$89/couple
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### 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! Worried about fitness level? There are always ways to adapt, so that is not a problem. We'd love to work with you.

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

April 4-25 Lincoln, CEC, 111	Th Gregg	6-7 p.m. LLLX-1545-CESD	\$39
June 6-27 Lincoln, CEC, 111	Th Gregg	6-7 p.m. LLLX-1545-CEUA	\$39

### 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**

April 4-25 Lincoln, CEC, 304	Th Gregg	7-8 p.m. LLLX-1546-CESD	\$39
June 6-27 Lincoln, CEC, 304	Th Gregg	7-8 p.m. LLLX-1546-CEUA	\$39

### Line Dance

It's not a party until everyone is line dancing! A fun way to dance socially without a partner, too.

Wear hard-sole shoes, no flip flops or loose shoes. **Keyword: Dance**

April 3-May 8 Lincoln, CEC, 303	W Newman	8:30-9:30 p.m. LLLX-1527-CESB	\$45/person
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For more information, contact us at  
402-437-2700 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu).

Check out all classes offered at [southeast.edu/continuing](http://southeast.edu/continuing)

Find us on Facebook® at [facebook.com/SCCNeb](https://facebook.com/SCCNeb)

**Cancellation/Refund Policy:** You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.

# 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?  
 Yes  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](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	_____

301 S. 68th St. Place, Lincoln, NE 68510  
402-437-2700 • FAX 402-437-2703  
[southeast.edu/business-and-community/index.php](http://southeast.edu/business-and-community/index.php)

