

Sports, Recreation & Fitness

Beginning Pickleball 101

Pickleball is rapidly increasing in popularity and is a fun sport that combines elements of badminton, tennis and ping pong. It is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players.

Played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net. Played with a paddle (similar to ping pong) and a plastic ball with holes (similar to wiffle ball). Played as doubles or singles.

May 7-28 T 5:30-7:30 p.m. \$49 AREA-8587-FCSA

Auburn, ATC Keyword: Pickleball Westenburg

NEW! Yoga, Brownville Style

Join us for some yoga in Brownville! Classes will be held in various locations, starting with the observation deck on the River Inn Resort overlooking the Missouri River. Week two will be held at the Whiskey Run Creek Vineyard (Winery), then Capitol Square Park and the last class will meet along the Governor Furnace Trail.

This class includes yoga poses and breathing exercises for better flexibility, strength and longevity while relaxing and energizing your spirit. Bring a yoga mat or thick towel. Come dressed in comfortable clothing, but suitable for outdoors in the spring.

June 8-29 S 9:30-10:30 a.m. \$49 AREA-8503-NCSA Brownville, RIVR, Main Deck Keyword: Yoga

Carlson

FREE TRAINING

For information on financial assistance options, visit **www.southeast.edu/cefinaid**

Location Key
ATCAuburn Tennis Courts, 1020 H St., Auburn
RIVRRiver Inn Resort, 72898 648th Ave., Brownville

Check out all classes offered at www.southeast.edu/FallsCityLC Find us on Facebook[©] at www.facebook.com/SCCLearningCenteratFallsCity

For more information, contact Holly Carr at 800-828-0072, ext. 3396, or hcarr@southeast.edu

REGISTER ONLINE

You must have an email account to register online.

Go to http://bit.ly/RegisterCE

Number.

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
- 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. You also will receive an email with this same information 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.

OR REGISTER BY MAIL, FAX OR IN PERSON







Southeast Community College REGISTRATION FORM - NON-CREDIT COURSE 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 **Todav's Date** The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit www.southeast.edu/collegecatalog PLEASE PRINT for additional information. Middle Initial Social Security Number OR SCC Student ID Number Name: Last Residence Mailing Address City State Zip County # Email Address Cell Phone ☐ Home ☐ Business Phone Ethnicity (select one): Race (Select one or more): Gender: ☐ Male ☐ Female ■ Nebraska Resident □ White □ Asian □ American Indian/Alaska Native □ Native Hawaiian/Other Pacific Islander □ Black/African-American ☐ Hispanic or ☐ Not Hispanic or START DATE **COURSE NUMBER** COST \$ \$ \$ SIGNATURE Submission of this form indicates that I understand: 1) that my

□Check (must be included) □Cash (must be included) Would you like a receipt mailed to you? Mostercore. AMERICAN DOCUMEN DIVISA V Code Name as it appears on card:

CC# Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

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.

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tution and fees and subject to a grade in the courses listed; 2) that and fees and subject to a grade in the courses listed; 2) that converse is the converse of the course o

SCC Staff Tuition Waiver	()
TOTAL DUE	
FOR OFFICE U	JSE ONLY

Southeast Community College

ID#

DE

^{*} 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.