

## Sports, Recreation & Fitness

Oct.-Dec. 2019

### Fit for Senior Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key in this 12-week session. Best price for your workout!

Bring a towel and your tennis shoes. NOTE: No class Nov. 27 and 29.

**Keyword: Fit**

Oct. 2-Dec. 23	M, W, F	9:30-10:30 a.m.	\$65
Plattsmouth, PLAH, Fitness Ctr		Scanlan	AREA-8810-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 thick towel or yoga mat to class unless noted below.

### Yoga

Mats provided.

**Keyword: Yoga**

Oct. 3-31	Th	7-7:55 p.m.	\$35
Plattsmouth, PCC		Brees	AREA-8419-PLFB
Nov. 14-Dec. 19	Th	7-7:55 p.m.	\$35
Plattsmouth, PCC		Brees	AREA-8419-PLFC

### Location Key

Plattsmouth, PCC ..... Plattsmouth Community Center, 308 S. 18th  
 Plattsmouth, PLAH..... Plattsmouth High School, 1916 Hwy 34  
 Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.

### Beginning Women's Primal Self Defense

This basic level course, taught by 88 Tactical, offers a good starting point for women, 12 years old or older. Students will learn situational awareness and practice conflict de-escalation. This course primarily addresses how to deal with verbal confrontations, but students also learn some basic moves to defend themselves against a physical attack.

Students get the chance to use full-force techniques against a staff instructor donning specially designed protective gear.

This class is geared towards women, but anyone is encouraged to attend.

**Keyword: Defense**

Nov. 2	S	8:30 a.m-12:30 p.m.	\$89
Plattsmouth, PLLC, Comm		88 Tactical	AREA-8501-PLFA

### NEW! Action Photography

Action and sports photography is challenging but very exciting. Discover how to set up your camera to capture sharp, detailed photos full of excitement and drama.

Bring your camera, a DSLR is best for action.

**Keyword: Photography**

Oct. 5	S	9-11 a.m.	\$29
Plattsmouth, PLLC, 102		Jinnings	AREA-8228-PLFA

### Team Spirit Window Painting

Show your school pride by painting your favorite mascot on an old rustic window! Whatever your favorite team is, you will be able to paint the logo using a template that you trace and paint. We will supply the old windows, paint and a hanging kit for your window to display in your home.

Bring to class: A hair dryer (to dry window before leaving). Wear paint clothes. There is a \$20 supply fee payable in class which includes a fully prepped window with hanging kit. Check or cash only for supplies.

**Keyword: Window**

Oct. 10	Th	6:30-9 p.m.	\$19
Plattsmouth, PLLC, 103		Leonard	AREA-7681-PLFA

### Taste of the Tailgate

Get ready for tailgating season with new crowd pleasing recipes! Together, we'll whip up a variety of tasty dips and appetizers sure to please the home team and have them coming back for more. Recipes and samples will be shared for quick and easy snacks and include special diet options. Be ready for college football Saturday and NFL Sunday in just a couple hours.

There is a \$15 supply fee payable to the instructor. Cash or check only for supplies.

**Keyword: Tailgate**

Oct. 3	Th	6:30-8:30 p.m.	\$19
Plattsmouth, PLLC, 102		Slattery	AREA-4437-PLFA

For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

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

**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**. 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.

\* 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

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog) 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			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> 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  Cash  Mastercard  AMEX  Discover  VISA V Code \_\_\_\_\_

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

Exp. Date \_\_\_\_\_ 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.

Would you like a receipt mailed to you?  
 Yes  No

SCC Staff Tuition Waiver ( )

**TOTAL DUE**

FOR OFFICE USE ONLY

ID# \_\_\_\_\_

DE \_\_\_\_\_

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. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or [jsoto@southeast.edu](mailto:jsoto@southeast.edu).

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[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

