

Sports, Recreation & Fitness

Oct.-Dec. 2019



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.

Gentle Yoga

Chair, standing or mat positions.

NOTE: Sec. BEFC: No class Dec. 23 and 30.

Keyword: Yoga

Sept. 9-Oct. 7 Beatrice, FLOW	M	4:30-5 p.m. Schroller	\$19 BBBX-1538-BEFA
Oct. 21-Nov. 18 Beatrice, FLOW	M	4:30-5 p.m. Schroller	\$19 BBBX-1538-BEFB
Dec. 2-Jan. 13 Beatrice, FLOW	M	4:30-5 p.m. Schroller	\$19 BBBX-1538-BEFC

Yoga & Pilates

All experience levels welcome.

NOTE: Sec. BEFC: No class Dec. 23 and 30.

Keyword: Yoga

Sept. 9-Oct. 7 Beatrice, JAC, Conf. Rm	M	5:30-6:30 p.m. Schroller	\$35 BBBX-1537-BEFA
Oct. 21-Nov. 18 Beatrice, JAC, Conf. Rm	M	5:30-6:30 p.m. Schroller	\$35 BBBX-1537-BEFB
Dec. 2-Jan. 13 Beatrice, JAC, Conf. Rm	M	5:30-6:30 p.m. Schroller	\$35 BBBX-1537-BEFC



Go Big Red Window Painting

Husker fans can create your own Nebraska "N" painted window to show your spirit! On an old, used window, we will paint a red "N," outlined in white and black. Also, make your creation unique by adding polka dots or stripes!

Don't have an old window? We do! Bring to class: 1/4-inch and one-inch paint brushes, small paint scraper, scotch tape, and hair dryer. Wear paint clothes. There is a \$25 supply fee payable to instructor in class which includes a fully prepped window with hanging kit. Check or cash only for supplies.

Keyword: Window

Sept. 28 Beatrice, FOR, 109	S Leonard	9:30 a.m.-Noon	\$24 BBBX-1309-BEFA
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www.ed2go.com/sccne

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

Beatrice, FLOW.....Flowing Springs, 2211 Sunset Drive
 Beatrice, FOR.....SCC, Beatrice Campus, Ford Hall,
 4771 W. Scott Road
 Beatrice, JAC.....SCC, Beatrice Campus, Jackson Hall,
 4771 W. Scott Road

For more information, contact us at 00-828-0072 or continuinged@southeast.edu.

Check out all classes offered at www.southeast.edu/BeatriceCE

Find us on Facebook at www.facebook.com/sccbeatricece

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 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.