

Sports, Recreation & Fitness

Oct.-Dec. 2019



What Do Quarterbacks Say at the Scrimmage Line?

Nebraska means football... Whether you are cheering on your favorite high school team or the Cornhuskers—be in the know! Gain insight from Coach Darlington as you discover the fundamentals of football and everything that surrounds it. Be ready when your favorite team hits the field this year. You will be able to cheer them on with new appreciation and knowledge.

Class series will end with a “graduation” dinner on Oct. 29.

Keyword: Quarterbacks

Sept. 19-Oct. 29 Lincoln, CEC, 302	Th Darlington	6:30-8:30 p.m.	\$89 LLLX-0185-CEFA
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Archery Introduction

Have fun and build self-confidence with a sport that has burned up the silver screen. Learn archery and build confidence in a self-paced class. Earn pins as you improve each week. This is a great course for those who want to try archery as sport or recreationally.

This is a partnership event with Prairie Bowman Archery Club. Classes meet indoors and also provides equipment 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.

Keyword: Archery

Oct. 15-Dec. 17 Lincoln, PBAC	T	6-7 p.m.	\$35 LLLX-0584-OCFA
Oct. 15-Dec. 17 Lincoln, PBAC	T	7-8 p.m.	\$35 LLLX-0584-OCFB

Beginning Tennis

Fall is the perfect time to start tennis, not too hot or cold. Jim Jensen is a certified professional instructor to get you started in this fun, competitive lifetime sport. Cool weather play is different than summer so dress in layers to adjust your comfort level.

Keyword: Tennis

Oct. 1-24 Lincoln, 5701	T, Th Jensen	6-7:30 p.m.	\$99 LLLX-1745-OCFA
Nov. 5-28 Lincoln, 5701	T, Th Jensen	6-7:30 p.m.	\$99 LLLX-1745-OCFB

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.

Fundamentals of Yoga

NOTE: No class Oct. 14 and 21.

Keyword: Yoga

Sept. 16-Nov. 18 Lincoln, HTCH	M Ogden	7:30-8:30 p.m.	\$69 LLLX-1701-OCFA
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Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

NOTE: No class Oct. 16.

Keyword: Yoga

Sept. 18-Nov. 13 Lincoln, HTCH	W Ogden	7:30-8:30 p.m.	\$69 LLLX-1755-OCFA
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Yoga II

Prerequisite: Yoga I (LLLX-1755)

A continuation of Yoga I.

NOTE: No class Oct. 17.

Keyword: Yoga

Sept. 19-Nov. 14 Lincoln, HTCH	Th Ogden	6:30-8 p.m.	\$79 LLLX-1744-OCFA
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Location Key

Lincoln, 5701 Tennis Court, 5701 S. 30th St.
 Lincoln, CEC Jack J. Huck Continuing Education Center,
 301 S. 68th St. Place
 Lincoln, HTCH Holy Trinity Church, 6001 A St.
 (Enter west parking lot at traffic signal,
 use south door and go to lower level.)
 Lincoln, PBAC Prairie Bowmen Archery Club, 345 S. 14th St.

FREE TRAINING

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

Introduction to Pilates

This intelligent exercise method can lead to increased strength and flexibility through mind/body as you discover your core in the mat work.

Instructor is certified in Stott Pilates. Wear comfortable clothing and bring a bath towel and yoga mat if you have one. NOTE: No class Oct. 14 and 21.

Keyword: Pilates

Sept. 16-Nov. 18 Lincoln, HTCH	M Ogden	6:15-7:15 p.m.	\$69 LLLX-1523-OCFA
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Continuing Pilates

Prerequisite: Introduction to Pilates (LLLX-1523) or instructor permission

Focus on adding new exercises in mat work. Challenge your core strength, endurance and flexibility.

Instructor is certified in Stott Pilates. Wear comfortable clothing and bring a thick towel to class. Note: This is not a beginning class. NOTE: No class Oct. 15 and 22.

Keyword: Pilates

Sept. 17-Nov. 19 Lincoln, HTCH	T Ogden	6:15-7:15 p.m.	\$69 LLLX-1709-OCFA
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Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, HTCH Holy Trinity Church, 6001 A St.
(Enter west parking lot at traffic signal,
use south door and go to lower level.)

Uechi Ryu Karate Do

Uechi-ryu is a classical Chinese Okinawan style of self-defense, which stresses a balance between mind, body and technique. The classes involve warm-up techniques to enhance good health, exercises to strengthen movement, stretching to improve flexibility, and basic to advanced self-defense strategies.

Wear comfortable clothes.

Keyword: Karate

Oct. 2-Nov. 6 Lincoln, CEC, 304	W Lamb	6-8 p.m.	\$69 LLLX-0303-CEFA
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Women's Self Defense

Be prepared! Class will discuss situational awareness, how to be a tough target, assessing level of threat, and knowing you are worth fighting for. Participants will

learn four kicks and four hand techniques which they will practice on a padded target. We also will cover pressure points and breakaways.

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

Keyword: Defense

Oct. 17 Lincoln, CEC, 302	Th Karas	6-8 p.m.	\$29 LLLX-0302-CEFA
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Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook® at www.facebook.com/SCCNebCE

For more information, contact us at 800-828-0072 or continuing@southeast.edu.

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.



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"/> 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 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.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either 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*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. 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**.
7. 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.



301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

* The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.