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 or fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a thick towel or yoga mat to class. Chose a location and class to fit your needs.

Yoga
Mats provided.

Jan. 16-Feb. 13  Th  7-7:55 p.m.  $29  Plattsmouth, PCC  Brees  AREA-8419-PLSA
Feb. 27-March 26  Th  7-7:55 p.m.  $29  Plattsmouth, PCC  Brees  AREA-8419-PLSB

Location Key
Plattsmouth, PLAH............. Plattsmouth High School, 1916 Hwy 34
Plattsmouth, PLLC............. Learning Center at Plattsmouth, 537 Main St.

Check out all classes offered at www.southeast.edu/PlattsmouthLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratPlattsmouth

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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2703 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

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 or jsoto@southeast.edu.

The College requires, 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
First Name
Middle Initial
Last Name
Residence Mailing Address
City
State
Zip
County #
County #
Email Address
Cell Phone
Home
Business Phone
I identify as:  [ ] Male
[ ] Female
[ ] Nebraska Resident
[ ] Non-Resident
Ethnicity (select one):
[ ] Hispanic or Latino
[ ] Not Hispanic or Latino
[ ] Native Hawaiian/Other Pacific Islander
[ ] American Indian/Alaska Native
[ ] White
[ ] Asian
Race (Select one or more):
[ ] Black/African-American
[ ] Other
Emeritus

COURSE NUMBER
TITLE
START DATE
COST

TOTAL DUE

Today’s Date

Would you like a receipt mailed to you?  [ ] Yes  [ ] No

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. Include letter of authorization on company letterhead.

For Office Use Only

DUE

SCC Staff Tuition Waiver ( )

Receipt mailed to you?

ID# __________________

DE __________________________

FOR OFFICE USE ONLY

TOTAL DUE

9-) __/____/____

© www.facebook.com/SCCLearningCenteratPlattsmouth
Register Online for SCC Continuing Education Classes

You must have an email account to register online.


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.

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*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.*