Beginning Pickleball 101
Learn about the trending sport of pickleball! Pickleball is enjoyed by all ages, is easy to learn and no experience is necessary. It is a combination of badminton, ping pong and tennis. There will be instruction, basic strategy and skills taught in addition to playing time. Paddle included. Tennis shoes are required. Wear comfortable clothes.

Keyword: Pickleball
Jan. 6-27 M 5:30-7 p.m. $49
Lincoln, SPUM, Gym
Cech LLLLX-1679-OCSA

Feb. 3-24 M 5:30-7 p.m. $49
Lincoln, SPUM, Gym
Cech LLLLX-1679-OCSB

Women's Self Defense
This class will discuss situational awareness, how to be a tough target, assessing the 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
Jan. 16 Th 6-8 p.m. $29
Lincoln, CEC, 302 Karas LLLLX-0302-CESA

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.

Keyword: Pilates
Jan. 13-March 9 M 6:15-7:15 p.m. $69
Lincoln, HTCH Ogden LLLLX-1523-OCSA

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.

Keyword: Pilates
Jan. 14-March 3 T 6:15-7:15 p.m. $69
Lincoln, HTCH Ogden LLLLX-1709-OCSA

T'ai Chi for Beginners
If you're looking for a way to reduce stress, consider T'ai Chi. Originally developed for self-defense, T'ai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, T'ai Chi promotes serenity through gentle, flowing movements.

Keyword: Chi
Jan. 27-March 2 M 6:30-7:30 p.m. $69
Lincoln, CEC, 304 Marsh LLLLX-1712-CESA

SwordPlay
Learn to swing a sword like a 14th Century knight! The Introduction to Medieval Longsword Class instructs students in the history, use and fun of the art of the Italian longsword. The class covers basic guards, strikes and tactical concepts straight from the pages of a 607-year-old fighting manual written by one of the highest regarded professional soldiers of his time.

Loaner equipment is available, and students only need an open mind, smooth-soled shoes, comfortable athletic clothing, and some water.
NOTE: You will be using synthetic longsword trainers and fencing mask. You must be at least 18 years of age to participate in this class.

Keyword: SwordPlay
Jan. 14-Feb. 20 T, Th 6:30-8 p.m. $59
Lincoln, CEC, 304 LLLLX-0585-CESA

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.)
Lincoln, SPUM...........St. Paul United Methodist Church, 1144 M St.

Sports, Recreation & Fitness
Winter 2020

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, handy 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.

Fundamentals of Yoga
NOTE: No class Jan. 20.

Keyword: Yoga
Jan. 13-March 9 M 7:30-8:30 p.m. $69
Lincoln, HTCH Ogden LLLLX-1701-OCSA

Yoga I
Prerequisite: Fundamentals of Yoga (LLLX-1701)
This is a continuation of the fundamentals class.

Keyword: Yoga
Jan. 15-March 4 W 7:30-8:30 p.m. $69
Lincoln, HTCH Ogden LLLLX-1755-OCSA

Yoga II
Prerequisite: Yoga I (LLLX-1755)
A continuation of Yoga I.

Keyword: Yoga
Jan. 16-March 5 Th 6:30-8 p.m. $79
Lincoln, HTCH Ogden LLLLX-1744-OCSA

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

Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook® at www.facebook.com/SCCNebCE
**REGISTER ONLINE**

You must have an email account to register online.

2. 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
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.

* 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.

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**OR REGISTER BY MAIL, FAX OR IN PERSON**

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

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.

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**START DATE**  
**COST**

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**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 __________________

Today's Date __/__/__

Submissions of this form indicate 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 course(s) listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit this form; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as stated, and if any changes in SSI, 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.

Southeast Community College
Continuing Education

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402-437-2700 • 800-828-0072 • FAX 402-437-2703

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