

Sports, Recreation & Fitness

Winter 2020



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	LLLX-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			LLLX-0585-CESA

Location Key

Lincoln, CECJack 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, SPUMSt. Paul United Methodist Church, 1144 M St.

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	LLLX-1679-OCSA
Feb. 3-24	M	5:30-7 p.m.	\$49
Lincoln, SPUM, Gym		Cech	LLLX-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	LLLX-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	LLLX-1523-OCSA

Continuing Pilates

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

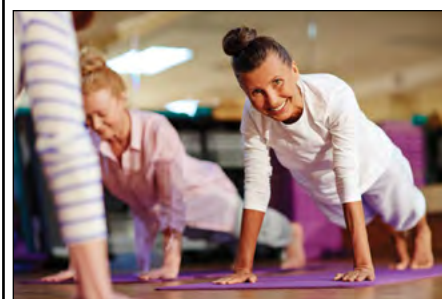
Focus on adding new exercises in mat work. Challenge your core strength, endurance and flexibility.

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	LLLX-1709-OCSA

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. 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	LLLX-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	LLLX-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	LLLX-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.

- 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.

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