Zumba
The Latin inspired easy-to-follow, calorie burning, feel-it-to-the-core FITNESS PARTY™. Get into shape without knowing it! It's a FIESTA!

NOTE: Sec. PLSA: No class May 25.

Keyword: Zumba

April 13-June 22
Plattsmouth, PCC
M, W
Hauenstein
0-9:55 a.m.
$59

April 15-June 17
Plattsmouth, PCC
W
Hauenstein
A-R875-PLSA

Zumba Express
Want to try Zumba, but don't have an hour? Try our half-hour class.

Keyword: Zumba

April 17-June 19
Plattsmouth, PCC
F
8:25-8:55 a.m.
$29

Fit for Senior Living
Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key in this twelve-week session. Best price for your workout!

Bring a towel and your tennis shoes.

Keyword: Fit

April 1-June 22
Plattsmouth, PLLC
M, W, F
9:30-10:30 a.m.
$65

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.

Keyword: Yoga

April 7-May 5
Plattsmouth, SER
T
8:30-9:30 a.m.
$35

April 9-May 7
Th
8:30-9:30 a.m.
$35

February 9-May 7
Th
7:10-8 p.m.
$35

Location Key

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 402-427-2750 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.

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.

### 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.

**Social Security Number OR SCC Student ID Number**

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<th>Residence Mailing Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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<td>Name: Last</td>
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<tr>
<td>Residence Mailing Address</td>
<td>City</td>
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<tr>
<td>Email Address</td>
<td>Cell Phone</td>
<td>Home</td>
<td>Business Phone</td>
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I identify as:
- Male
- Female
- Nebraska Resident
- Non-Resident
- Hispanic or Latino
- Not Hispanic or Latino
- Race (Select one or more):
- White
- Hispanic or Latino
- Native Hawaiian/Other Pacific Islander
- Black/African-American
- American Indian/Alaska Native
- Asian
- American Indian/Alaska Native
- Black/African-American

**COURSE NUMBER**

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<thead>
<tr>
<th>TITLE</th>
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**SIGNATURE**

- Check
- Cash
- Mastercard
- AMEX
- Discover
- VISA
- V Code __________

- Name as it appears on card: ____________________________
- Exp. Date __________
- 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.

**TOTAL DUE**

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<th>SCC Staff Tuition Waiver</th>
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Submission of this form indicates that I understand: 1) that my registration is complete and I am accountable for the tuition and fees; 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 provide Social Security number when required will result in a $20 Liberal Arts Office fee for each course; 4) that I understand my class acknowledgement for each course will not constitute an "official" official withdrawal; 5) any changes to 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, religious, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Requests concerning the application of SCC’s policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Integrity, SCC Area Office, 301 S. 68th St, Platte, Nebraska 68046, or jsoto@southeast.edu.