**Sports, Recreation & Fitness**

**Spring 2020**

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### Archery Introduction

Have fun and build self-confidence with a sport that has been 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.

Classes meet indoors. Equipment is provided to use in the class. You are welcome to use your own equipment pending club approval. Instructors are certified with USA Archery. Minimum age 8.

**Keyword: Archery**

- April 14–June 16: T 6:30 p.m. Lincoln, PBAC, LLLX-0584-06CB
- April 14–June 16: I 2–8 p.m. Lincoln, PBAC, LLLX-0584-06CB

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### 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 and trainers and fencing mask. You must be at least 18 years of age to participate in this class.

**Keyword: Swordplay**

- April 13–May 11: T, W 6:30–8 p.m. Lincoln, CEC, 414, LLLX-0585-06CB

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### Introduction to Sailing

Sailing is both a fun recreation and a serious sport. Learn how sailboats work and common types of boats and where people go sailing. Class is taught by an experienced skipper who answers your questions and lets you experience sailing at your own pace. Class includes hands-on basic sail techniques, steering and tuning the sails, point of sail, safety and general sailboat terms.

Life jackets required. If you have your own personal floatation device, bring it. PFDs will be furnished for students who do not have their own. Wear soft-soled shoes (sneakers or athletic shoes are fine.) A day entry park permit will be required. If weather is questionable, call 402-314-8026 for class status.

**Keyword: Sailing**

- June 13: S, 9:30–11:30 a.m. Lincoln, BOLK, Brown, LLLX-0390-0CUA
- June 27: S, 9:30–11:30 a.m. Lincoln, BOLK, Brown, LLLX-0390-0CUB
- July 11: S, 9:30–11:30 a.m. Lincoln, BOLK, Brown, LLLX-0390-0CUC
- July 25: S, 9:30–11:30 a.m. Lincoln, BOLK, Brown, LLLX-0390-0CUD

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### Beginning Bridge

Are you interested in learning one of the greatest card games of all times? Or have you played a little but feel like you need a good tune-up to the game? If so, register right away. Come by yourself or sign up with a friend.

**Keyword: Bridge**

- April 13–29: M, W 6:30–8 p.m. Keeler, LLLX-1390-0CESA

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### One Step Beyond Beginning Bridge

**Prerequisite:** Beginning Bridge or equivalent experience

Do you know the fundamentals of bridge? Are you looking for a class to help further your bridge knowledge? This may be the one for you. Throughout this session we will discuss opening and responding bids, initial strategies for playing the hand, finessing, opening leads and a review of scoring.

**Keyword: Bridge**

- May 26–June 11: T, Th 6:30–8 p.m. Lincoln, CEC, 414, Keeler, LLLX-0296-0CESA

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

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Check out all classes offered at www.southeast.edu/continuing

Find us on Facebook* at www.facebook.com/SCCNebCE

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**Location Key**

- Lincoln, BOLK..........................Branched Oak Lake
- Lincoln, CEC.........................Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
- Lincoln, MGC..........................Mahoney Golf Course, 7900 Adams St.
- Lincoln, PBAC.........................Prairie Bowman Archery Club, 1432 N. Cotner Blvd. (Enter southwest corner of building)
Tips for Playing & Defending the Hand
Join us for this six-session class as we focus on playing and defending your hand. Topics include making a plan, counting winners and losers, developing tricks by promotion and length, finessing, eliminating losers and the dreaded danger hand.

Keyword: Playing
June 15-July 1 M, W 6-8 p.m. Lincoln, CEC 414 LLLX-0430-CEUA

Defensive Bridge Strategies
Playing bridge is a combination of skill, luck and communication. As defenders, you and your partner must give each other as much information as possible to defeat the contract. This class is designed for any bridge player who has completed a minimum of beginning bridge. Topics include opening leads, second and third hand play, attitude and suit preference signals, and general defensive tips.

Keyword: Defensive
May 5-21 T, Th 6-8 p.m. $69 Lincoln, CEC 414 Kepler LLLX-0435-CESA

Guide by the Side Bridge
Have you ever been sitting at the bridge table looking at your hand thinking, “What in the world do I do with this hand?” That is a situation that happens to all bridge players.

Keyword: Bridge
April 16-30 T, Th 6-8 p.m. $69 Lincoln, CEC 414 Kepler LLLX-0430-CESA

Beginning National Mah-Jongg
Mah-jongg is an ancient game that is once again sweeping the country. This four-session class will teach the basic foundations of Mah-jongg and by the end of the sessions you will be ready to play in casual games with friends.

Keyword: Mah-Jongg
June 1-10 M, W 6-8 p.m. $49 Lincoln, CEC 414 Kepler LLLX-0431-CEUA

8-Ball Pool: Fundamental Skills & Game Strategies
Learn basic knowledge and skills that will provide you with a solid foundation to play and enjoy 8-ball pool. Master ranked pool player and Master Pool Association Hall of Famer Mark Packard will guide you through the beauty of this age-old game.

Keyword: Pool
March 31-May 19 T 6:30-7:30 p.m. $69 Lincoln, MBAB Packard LLLX-0655-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.

Keyword: Pilates
March 20-May 18 M 6:15-7:15 p.m. $69 Lincoln, HITCH Ogden LLLX-1523-CESA

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.

Keyword: Pilates
March 31-May 19 T 6:15-7:15 p.m. $69 Lincoln, HITCH Ogden LLLX-1709-0CSB

Location Key
Lincoln, CEC ...............Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, HITCH ...............Holy Trinity Church, 6001 A St.  
(Enter west parking lot at traffic signal, use south door and go to lower level.)
Lincoln, MBAB ...............Madsen’s Bowling & Billiards, 4700 Dudley

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.

Keyword: Yoga
March 30-May 18 M 7:30-8:30 p.m. $69 Lincoln, HITCH Ogden LLLX-1703-OCSB
April 1-5-May 20 W 6:30-7:30 p.m. $69 Lincoln, HITCH Ogden LLLX-1701-OCSA

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

Keyword: Yoga
April 1-5-May 20 W 7:30-8:30 p.m. $69 Lincoln, HITCH Ogden LLLX-1755-OCSB

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

Keyword: Yoga
April 1-5-May 21 Th 6:30-8 p.m. $79 Lincoln, HITCH Ogden LLLX-1746-OCSB

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.

Keyword: Karate
May 6-June 10 W 6-8 p.m. $69 Lincoln, CEC 304 Lamb LLLX-0303-CESA

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.

Keyword: Defense
April 15-26 W 6-8 p.m. $29 Lincoln, CEC 302 Karas LLLX-0203-CESA

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

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 ONLINE**

You must have an email account to register online.

2. Search for your class by entering a keyword 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**

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.

**Registration Form - Non-Credit Course**

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☑ 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

TOTAL DUE $ ____________

FOR OFFICE USE ONLY

SCC Staff Tuition Waiver ( )

ID # ____________

Today's Date __/__/____

FOR OFFICE USE ONLY

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