**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.

**Gentle Yoga**
Chair, standing or mat positions.

**Yoga & Pilates**
All experience levels welcome.

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**Location Key**
Beatrice, FLOW................................. Flowing Springs, 2211 Sunset Drive
Beatrice, JAC...................... Southeast Community College, Beatrice Campus
Jackson Hall, 4771 W. Scott Road

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**For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online. Have an idea for a class that could be offered live online? Please submit your idea at https://bit.ly/sccceonlinecourses.**

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

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**Yoga Classes**

- **Gentle Yoga**
- **Yoga & Pilates**

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**Two Steps Beyond Beginning Bridge**

This is an ideal class for bridge players who want to move beyond the basics. Topics for the class will include no trump and suit opening bids, Stayman and Jacoby Transfer, opening leads, responding bids, weak twos and other preemptive bids, opening and responding to strong opening bids and slam conventions.

**First-Rate Bridge Conventions & Competitive Bidding**

It is so much fun to have extra tools in your bridge-playing tool bag. This is an ideal class for a more experienced player who is looking for some additional bells and whistles to use at the bridge table. Topics include: Jacoby 2 NT, Splinter Bids, Overcalls, Take-out Doubles, Negative Doubles, Help Suit Game Try, and Strong Opening and Responding Bids.

Class is designed for any bridge player who has completed Two-Steps Beyond Beginning Bridge or equivalent.

**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 offered via zoom from the comfort of your own home. It 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.

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**Check out all classes offered at [www.southeast.edu/BeatriceCE](http://www.southeast.edu/BeatriceCE)**

Find us on Facebook at [www.facebook.com/sccbeatricece](http://www.facebook.com/sccbeatricece)
**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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**Register by Mail, Fax or In Person**

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<th>Registration Form - Non-Credit Course</th>
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<tbody>
<tr>
<td>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</td>
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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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<tr>
<th>Social Security Number OR SCC Student ID Number</th>
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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.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

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**Current Registration Information**

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<tr>
<th>My request to Continuing Education</th>
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<td>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 the withdrawal 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. Requests 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 to <a href="mailto:ResLife@SoutheastNebraska.edu">ResLife@SoutheastNebraska.edu</a>.</td>
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301 S. 68th St. Place, Lincoln, NE 68510

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

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