A Tool Box for Meditation
Would you like to be able to access more inner peace and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.
Participants can sit on chairs or mats on the floor.

NEW! Body Sculpting: Butts & Guts
Join our special focus class just for your lower body! This workout routine is designed to help shape and tone belly and buttocks muscles, along with increasing lower body strength, burning fat and building lean muscle. You will learn how to utilize proper form to avoid injury and gain results.
Students should wear workout attire (comfortable pants/shirt/tennis shoes) and bring water and a towel (optional.)

Old Fashioned Soap Making
Discover how to make healthy handmade soap from scratch. You will learn basic soap-making and the chemistry behind it and how to make soap safely. We will cover everything you need to know about the soap-making supplies and ingredients.
Supply list sent approximately one week prior to class. Product sales will not be a part of this class.

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. Choose a location and class to fit your needs.

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.

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

Summer 2020

Yoga for Beginners
Yoga mats, straps and blocks will be provided. NOTE: No class Sept. 5.

Grow with Yoga
Yoga mats, straps and blocks will be provided.

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-3000 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.

For more information, contact Diana Kerwin-Kubr at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu
**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**

![Image](https://example.com/image.png)

**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.

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>First</th>
<th>Middle Initial</th>
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<td>State</td>
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<td>Course Number</td>
<td>Start Date</td>
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</table>

**TOTAL DUE**

**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.

Submission of this form indicates that I understand: (1) that my registration is complete and that I am accountable for the tuition and fees assessed, 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 this form; (3) I certify that the information provided herein is correct as stated, and I agree to be responsible for academic performance in the courses selected; (4) changes in Social Security number, legal name, address, residence, 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.: Plain, Lebanon, NE 68564; or jsoto@southeast.edu.

**SCC Staff Tuition Waiver**

Would you like a receipt mailed to you? □ Yes □ No

**TOTAL DUE**

**FOR OFFICE USE ONLY**

ID# ____________________________

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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)