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.)

Keyword: Sculpting
Sept. 3-24
Th 6-7 p.m.
$31
Wahoo, WHLC, 101 Waters
AREA-8505-WHFA

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.

Keyword: Bridge
July 7-23
T, Th 4-5:15 p.m.
$69
LIVE Online, Zoom Kepler
LLXL-0429-TCUA

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.

Yoga for Beginners
Yoga mats, straps and blocks will be provided.
NOTE: No class Sept. 5.
Keyword: Yoga
Aug. 29-Oct. 3
S 9-10 a.m.
$39
Wahoo, WHLC, 101 Blackwell
AREA-8558-WHFA

Grow with Yoga
Yoga mats, straps and blocks will be provided.
Keyword: Yoga
Aug. 25-Sept. 22
T 6:30-7:30 p.m.
$39
Wahoo, WHLC, 101 Blackwell
AREA-8559-WHFA

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 Diana Kerwin-Kubr at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu

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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

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

Home Business Phone

I identify as:  [ ] Male  [ ] Female

[ ] Nebraska Resident  [ ] Non-Resident

Ethnicity (select one):  [ ] Hispanic or Latino  [ ] Not Hispanic or Latino

Race (Select one or more):  [ ] White  [ ] Asian  [ ] Native Hawaiian/Other Pacific Islander  [ ] American Indian/Alaska Native  [ ] Black/African-American

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COURSE NUMBER  TITLE  START DATE  COST

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Would you like a receipt mailed to you?  [ ] Yes  [ ] No

SCC Staff Tuition Waiver  [ ]

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TOTAL DUE

FOR OFFICE USE ONLY

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For additional information, visit www.southeast.edu/collegecatalog.
You must have an email account to register online.


2. **Search for your class** by entering either 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**.

6. 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**.

7. 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. A student’s Social Security number information constitutes an “educational record” under FERPA.*