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
Wahoo, WHLC, 101
Th
6-7 p.m.
AREA-8505-WHFA
$31

NEW! How to Spot Fake News
Learn ways to fact check the news. Drawing a distinction between fake and real news shouldn’t be so hard for the consumer. This class will provide tips for sorting out the truthful from the troublesome.

NOTE: Class is live-streamed from Plattsmouth.

Keyword: News

Sept. 1
Wahoo, WHLC, 102
T
Tilson
9:30-11 a.m.
AREA-6678-WHFA
$10

Sept. 2
Wahoo, WHLC, 102
W
Tilson
6:30-8 p.m.
AREA-6678-WHFA
$10

NEW! 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.

Keyword: Meditation

Aug. 22 & 29
LIVE Online, Zoom
S
Blackwell
10:30-11:30 a.m.
AREA-6685-TCUA
$19

NEW! Music Appreciation
Discover the basic elements of music and how it will help you, the music listener, determine the different qualities of music, evaluate a performer’s composition, and develop a working vocabulary for discussing music. Let’s learn to appreciate what we listen to.

Keyword: Music

Sept. 16-30
Wahoo, WHLC, 102
W
Waters
6-8 p.m.
AREA-7018-WHFA
$49

NEW! Sign Exact English: Medical Focus
Learning to use SEE (Sign Exact English) sign language to communicate with others with hearing and/or other challenges within a medical or emergency setting. Students will learn to sign basic medical terms and information that include allergic, blood, pain, ambulance, hospital, fire, 911, and more!

(0.75 CEUs)

Keyword: Sign

July 11-Aug. 8
LIVE Online, Zoom
S
Clinard
10-11:30 a.m.
SIGN-3031-TCUB
$89

July 11-Aug. 8
LIVE Online, Zoom
S
Clinard
1-2:30 p.m.
SIGN-3031-TCUC
$89

NEW! Gratitude, Gimmicks & Going the Extra Mile
The real joy is in the giving. In this session, you will gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, we will explore many options. Attendees will leave with a collection of meaningful ideas and a lot of inspiration to positively impact others!

Keyword: Gratitude

July 29
LIVE Online, Zoom
W
Van Winkle
6-7:30 p.m.
LLX-1227-TCUA
$19

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.

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

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.
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.

---

**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 for additional information.

Social Security Number OR SCC Student ID Number

<table>
<thead>
<tr>
<th>Residence Mailing Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Email Address</th>
<th>Cell Phone</th>
<th>Home</th>
<th>Business Phone</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>I identify as:</th>
<th>Male</th>
<th>Female</th>
<th>Nebraska Resident</th>
<th>Non-Resident</th>
<th>Ethnicity (select one):</th>
<th>Hispanic or Latino</th>
<th>Not Hispanic or Latino</th>
<th>Race (Select one or more):</th>
<th>White</th>
<th>Asian</th>
<th>American Indian/Alaska Native</th>
<th>Native Hawaiian/Other Pacific Islander</th>
<th>Other/Multiracial/Mixed Race</th>
<th>Black/African-American</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>COURSE NUMBER</th>
<th>TITLE</th>
<th>START DATE</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

**Today's Date**

[ ] [ ] [ ]

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

SCC Staff Tuition Waiver ( )

TOTAL DUE $______________

ID# ____________________________

FOR OFFICE USE ONLY

[ ] [ ] [ ] [ ] [ ]

TRAN-3398

Submission of this form indicates that I understand: 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 this form; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information and identification provided is accurate and complete; 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog; 6) 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.

301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing