What Do Quarterbacks Say at the Scrimmage Line?

Nebraska means football. Whether you are cheering on your favorite high school team or the Cornhuskers, be in the know! Gain insight from Coach Darlington as you discover the fundamentals of football and everything that surrounds it. Be ready when your favorite team hits the field this year. You will be able to cheer them on with new appreciation and knowledge.

Class series will end with a “graduation” dinner on Oct. 29.

Keyword: Quarterbacks
Sept. 17-Oct. 29 Th Darlington LLLL-0185-CEFA
Lincoln, CEC, 302 $99

Golf for You!
Golfers of all skill levels welcome. If you need a little tune-up on your game or are brand new to the game, this is a great class for you. We will cover everything from putting and chipping all the way to full swing.

Personal golf clubs are not needed to participate. However, if you have your own set, please bring it. If weather is questionable, call the pro shop at 402-441-8969.

Keyword: Golf
Sept. 1-22 T, Th Benson LLLL-1702-OCEFA
Lincoln, MGC $89

Sept. 2-23 W Benson LLLL-1702-OCFB

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.

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

Keyword: Bridge
July 28-Aug. 13 T, Th Kepler LLLL-0436-TCUA
LIVE Online $69

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.

Keyword: Bridge
July 7-23 T, Th Kepler LLLL-0429-TCUA
LIVE Online, Zoom $69

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.

Keyword: Bridge
July 13-Aug. 12 M, W Kepler LLLL-0435-TCUA
LIVE Online, Zoom $69

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 us at 800-828-0072 or continuinged@southeast.edu
## 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 I

**Prerequisite: Fundamentals of Yoga (LLLX-1701)**

This is a continuation of the fundamentals class.

**Keyword: Yoga**

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 31-Sept. 23</td>
<td>M, W</td>
<td>7:30-8:30 p.m.</td>
<td>Lincoln, HITCH</td>
<td>$69</td>
</tr>
</tbody>
</table>

### Yoga II

**Prerequisite: Yoga I (LLLX-1755)**

A continuation of Yoga I.

**Keyword: Yoga**

<table>
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<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Sept. 1-24</td>
<td>T, Th</td>
<td>6:30-8 p.m.</td>
<td>Lincoln, HITCH</td>
<td>$79</td>
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</tbody>
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### T'ai Chi for Beginners

If you’re looking for a way to reduce stress, consider Tai Chi. Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that’s now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

Wear comfortable clothing you can move in. NOTE: No class Sept. 7.

**Keyword: Chi**

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 24-Sept. 14</td>
<td>M, W</td>
<td>6:30-7:30 p.m.</td>
<td>Lincoln, CEC, 302 Marsh</td>
<td>$69</td>
</tr>
</tbody>
</table>

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### Location Key

Lincoln, CEC .................................................. Jack J. Huck Continuing Education Center, 301 S. 68th St. Place

HTCH .............................................................. Holy Trinity Church, 6001 A St.

(Enter west parking lot at traffic signal, use south door and go to lower level.)

For more information, contact us at 800-828-0072 or continuined@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

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit 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. Inquiries 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 justin@southeast.edu.

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**COURSE NUMBER** | **TITLE** | **START DATE** | **COST** | **TOTAL DUE**
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**SIGNATURE**

______________________________

Check [ ] Cash [ ] Mastercard [ ] Discover [ ] Visa [ ]

Costs are subject to change without notice.

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SCC Staff Tuition Waiver

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Today’s Date __________
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.