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.

Fundamentals of Yoga
Registration deadline Oct. 2.
Oct. 6-Nov. 24 T 7-8 p.m. $69
LIVE Online, Zoom Whittle LLLLX-1701-TCFA

NEW! Anywhere Yoga Using a Chair
Discover how to stay active, healthy and alert—using just a chair! If you are a desk sitter most of the day, or have arthritis/conditions that hinder you from everyday movement? This is the class for you! You will learn different stretches and strengthening poses—all from a chair. Staying active, healthy and alert will be the goal of this class. Join us via ZOOM from anywhere!
NOTE: No class Nov. 26.
Oct. 8-Dec. 3 Th 7-8 p.m. $69
LIVE Online, Zoom Whittle LLLLX-1695-TCFA

NEW! Start Your Day Right: Morning Workout
I am going to get up and workout in the morning. Who has had this conversation before but struggled to do it? Jump in for this eight-session class to beat down these barriers. Get motivational tips and encouragement while you wake your body up with this morning workout in the comfort of your home. Start the day off right, just like you.

Oct. 6-29 T, Th 5-5:30 a.m. $49
LIVE Online, Zoom Swanson AREA-8506-TCFA

NEW! Strength Training FUNdamentals:
Strengthen & Tone
No matter your age or athletic ability, strength training is the key to flexibility and mobility. Anyone at any fitness level can strength train and it doesn’t have to take hours in a gym. Join us for the FUNdamentals of strength training and discover the most effective strength training moves suitable for home- or gym-based workouts.

Oct. 24 S 9-11 a.m. $29
LIVE Online, Zoom Stutzman LLLLX-2260-TCFB

NEW! Strength Training FUNdamentals:
Tone & Eat Right
Help boost your strength training moves with nutrition principles that help affect your metabolism and weight loss. Don’t have any strength training moves? We do! See how some new moves and knowledge of what you eat is key to strength training benefits.

Oct. 22 Th 9-11 a.m. $29
LIVE Online, Zoom Stutzman LLLLX-2261-TCFB

Cancellation/Refund Policy: You must call the Continuing Education office at 402-477-3708 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 canceled 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.

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**OR REGISTER BY MAIL, FAX OR IN PERSON**

**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.

**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**

1. **I identify as:**  
   - Male 
   - Female 

2. **Ethnicity (select one):**  
   - Hispanic or Latino 
   - Not Hispanic or Latino

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

**COURSE NUMBER**  **TITLE**  **START DATE**  **COST**

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**Total Due**

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

**SCC Staff Tuition Waiver**

FOR OFFICE USE ONLY  
ID# __________________

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 pay any balances due will result in the cancellation of my request to Continuing Education; 4) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit this form; 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. 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 jsoto@seu.edu.