

Sport, Recreation & Fitness

Fall 2020



It's Time for Footballllll

Nebraska means football. You may not be in the stands this year cheering on your favorite team or the Cornhuskers—you can still 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.

NOTE: No class Nov. 26

Keyword: Football

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|--------------------------------------|------------------|----------------------------------|------|
| Oct. 29-Dec. 10 Lincoln, CEC, Aud | Th Darlington | 6:30-8:30 p.m. LLLX-0185-CEFB | \$69 |
|--------------------------------------|------------------|----------------------------------|------|

8 Ball Pool: Fundamental Skills & Game Strategies

Learn basic knowledge and skills that will provide you with a solid foundation to play and enjoy 8-ball pool. Master ranked pool player and Midwest Pool Association Hall of Famer Mark Packard will guide you through the beauty of this age-old game.

Table space provided by Tom Madsen. Meet at the Bowling/Pool main counter. Bring your cue if you have one, otherwise, they will be provided.

Keyword: Pool

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|----------------------------------|--------------|-------------------------------|------|
| Oct. 13-Nov. 24 Lincoln, MBAB | T Packard | 6-7:30 p.m. LLLX-0655-OCFA | \$89 |
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Location Key

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|---------------|--|
| Lincoln, CEC | Jack J. Huck Continuing Education Center, 301 S. 68th St. Place |
| Lincoln, MBAB | Madsen's Bowling & Billiards, 4700 Dudley (Meet at the bowling/pool main counter) |
| Lincoln, PBAC | Prairie Bowman Club, 1432 N. Cotner Ave. |



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/scceonlinecourses>.

Archery Introduction

Learn archery and build confidence in a self-paced class. Earn pins as you improve each week. This is a great course for those who want to try archery as sport or recreationally.

Classes meet indoors and equipment provided to use for the class. You are welcome to use your own equipment pending club approval. Instructors are certified with USA Archery. Minimum age 8.

Keyword: Archery

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|----------------------------------|---------------------|----------------|------------------------|
| Oct. 27-Dec. 29 Lincoln, PBAC | T Prairie Bowman | 6-7 p.m. | \$35 LLLX-0584-OCFA |
| Oct. 27-Dec. 29 Lincoln, PBAC | T Prairie Bowman | 7:30-8:30 p.m. | \$35 LLLX-0584-OCFB |

SwordPlay

Learn to swing a sword like a 14th Century knight! The Introduction to Medieval Longsword Class instructs students in the history, use and fun of the art of the Italian longsword. The class covers basic guards, strikes and tactical concepts straight from the pages of a 607-year-old fighting manual written by one of the highest regarded professional soldiers of his time.

Loaner equipment is available, and students only need an open mind, smooth-soled shoes, comfortable athletic clothing, and some water. NOTE: You will be using synthetic longsword trainers and fencing mask. You must be at least 18 years of age to participate in this class.

Keyword: Swordplay

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|------------------------------------|-------|-------------------------------|------|
| Oct. 6-Nov. 5 Lincoln, CEC, 304 | T, Th | 6:30-8 p.m. LLLX-0585-CEFA | \$59 |
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Women's Self Defense

This class will discuss situational awareness, how to be a tough target, assessing the level of threat, and knowing you are worth fighting for. Participants will learn four kicks and four hand techniques which they will practice on a padded target. We also will cover pressure points and breakaways.

This class is geared towards women, but everyone is encouraged to attend.

Keyword: Defense

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|------------------------------|-------------|----------------------------|------|
| Oct. 15 Lincoln, CEC, 302 | Th Karas | 6-8 p.m. LLLX-0302-CEFA | \$29 |
|------------------------------|-------------|----------------------------|------|

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.



Keyword: Workout

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

For more information, contact us at
800-828-0072 or continuing@southeast.edu

Check out all classes offered at
www.southeast.edu/continuing
Find us on Facebook® at www.facebook.com/SCCnebCE

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

NOTE: Sec. TCFA: Registration deadline Oct. 2.

Keyword: Yoga

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|-------------------------------------|--------------|----------------------------------|------|
| Oct. 5-Nov. 23 Lincoln, HTCH | M Ogden | 7:30-8:30 p.m. LLLX-1701-OCFA | \$69 |
| Oct. 6-Nov. 24 LIVE Online, Zoom | T Whittle | 7-8 p.m. LLLX-1701-TCFA | \$69 |



Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

Keyword: Yoga

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|---------------------------------|------------|----------------------------------|------|
| Oct. 7-Nov. 25 Lincoln, HTCH | W Ogden | 7:30-8:30 p.m. LLLX-1755-OCFB | \$69 |
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Yoga II

Prerequisite: Yoga I (LLLX-1755)

A continuation of Yoga I.

Keyword: Yoga

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|--------------------------------|-------------|-------------------------------|------|
| Oct. 8-Dec. 3 Lincoln, HTCH | Th Ogden | 6:30-8 p.m. LLLX-1744-OCFB | \$79 |
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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.

Keyword: Chair

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|------------------------------------|---------------|----------------------------|------|
| Oct. 8-Dec. 3 LIVE Online, Zoom | Th Whittle | 7-8 p.m. LLLX-1695-TCFA | \$69 |
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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.



Keyword: Strength

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|------------------------------|----------------|-----------------------------|------|
| Oct. 8 Lincoln, CEC, 214 | Th Stutzman | 6-8 p.m. LLLX-2261-CEFA | \$29 |
| Oct. 22 LIVE Online, Zoom | Th Stutzman | 9-11 a.m. LLLX-2261-TCFB | \$29 |

Uechi Ryu Karate Do

Uechi-ryu is a classical Chinese Okinawan style of self-defense, which stresses a balance between mind, body and technique. The classes involve warm-up techniques to enhance good health, exercises to strengthen movement, stretching to improve flexibility, and basic to advanced self-defense strategies.

Wear comfortable clothes.

Keyword: Karate

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|-------------------------------------|-----------|----------------------------|------|
| Oct. 7-Nov. 11 Lincoln, CEC, 303 | W Lamb | 6-8 p.m. LLLX-0303-CEFA | \$69 |
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Introduction to Pilates

This intelligent exercise method can lead to increased strength and flexibility through mind/body as you discover your core in the mat work.

Instructor is certified in Stott Pilates. Wear comfortable clothing and bring a bath towel and yoga mat if you have one.

Keyword: Pilates

| | | | |
|---------------------------------|------------|----------------------------------|------|
| Oct. 5-Nov. 23 Lincoln, HTCH | M Ogden | 6:15-7:15 p.m. LLLX-1523-OCFA | \$69 |
|---------------------------------|------------|----------------------------------|------|

Continuing Pilates

Prerequisite: Introduction to Pilates (LLLX-1523) or instructor permission
Focus on adding new exercises in mat work. Challenge your core strength, endurance and flexibility.

Instructor is certified in Stott Pilates. Wear comfortable clothing and bring a thick towel to class. Note: This is not a beginning class.

Keyword: Pilates

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|-----------------------------------|---------------|----------------------------------|------|
| Aug. 31-Sept. 23 Lincoln, HTCH | M, W Ogden | 6:15-7:15 p.m. LLLX-1709-OCFA | \$69 |
| Oct. 6-Nov. 24 Lincoln, HTCH | T Ogden | 6:15-7:15 p.m. LLLX-1709-OCFB | \$69 |

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: Sec. CEFA: No class Sept. 7.

Keyword: Chi

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|--------------------------------------|---------------|-------------------------------|------|
| Aug. 24-Sept. 9 Lincoln, CEC, 302 | M, W Marsh | 6:30-8 p.m. LLLX-1712-CEFA | \$69 |
| Oct. 12-Nov. 9 Lincoln, CEC, 302 | M Marsh | 6:30-8 p.m. LLLX-1712-CEFB | \$69 |

Location Key

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

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REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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 online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

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

PLEASE PRINT

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 | | Birth Date | Name: Last | | First | Middle Initial |
| Residence Mailing Address | | | City | State | Zip | County # |
| Email Address | | | Cell Phone | <input type="checkbox"/> Home <input type="checkbox"/> Business Phone | | |
| I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female | <input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident | Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino | | Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American | | |

| COURSE NUMBER | TITLE | START DATE | COST |
|---------------|-------|------------|------|
| - | - | - | \$ |
| - | - | - | \$ |
| - | - | - | \$ |
| - | - | - | \$ |

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.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____

DE _____

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 my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 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@southeast.edu.

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www.southeast.edu/continuing

