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

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

Oct. 27-Dec. 29
Lincoln, PBAC
Prairie Bowman
LLLX-0584-OCFB

Oct. 27-Dec. 29
Lincoln, PBAC
Prairie Bowman
LLLX-0584-OCFA

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

Oct. 6-Nov. 5
Lincoln, CEC, 304
LLLX-0585-CEFA

Oct. 6-Nov. 5
Lincoln, CEC, 304
LLLX-0585-CEFB

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

Oct. 15
Lincoln, CEC, 302
Karas
LLLX-0302-CEFA

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

Oct. 6-29
Lincoln, CEC, 302
Swanson
AREA-8506-TCFA

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

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Keywords</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 5-Nov. 23</td>
<td>Lincoln, HATCH</td>
<td>Ogden</td>
<td>7:30-8:30 p.m.</td>
<td>Yoga</td>
</tr>
<tr>
<td>Oct. 6-Nov. 24</td>
<td>LIVE Online, Zoom</td>
<td>Whittle</td>
<td>7-8 p.m.</td>
<td>Yoga</td>
</tr>
</tbody>
</table>

Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Keywords</th>
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</thead>
<tbody>
<tr>
<td>Oct. 7-Nov. 25</td>
<td>Lincoln, HATCH</td>
<td>Ogden</td>
<td>7:30-8:30 p.m.</td>
<td>Yoga</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
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<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Keywords</th>
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<tbody>
<tr>
<td>Oct. 8-Dec. 3</td>
<td>Lincoln, HATCH</td>
<td>Ogden</td>
<td>6:30-8 p.m.</td>
<td>Yoga</td>
</tr>
<tr>
<td>Oct. 8-Dec. 3</td>
<td>LIVE Online, Zoom</td>
<td>Whittle</td>
<td>7-8 p.m.</td>
<td>Chair</td>
</tr>
</tbody>
</table>

NEW! Strength Training FUNdamentals: Strength & 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.

<table>
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<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Keywords</th>
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</thead>
<tbody>
<tr>
<td>Oct. 6</td>
<td>Lincoln, CEC, 302</td>
<td>Stutzman</td>
<td>6-8 p.m.</td>
<td>Strength</td>
</tr>
<tr>
<td>Oct. 24</td>
<td>LIVE Online, Zoom</td>
<td>Stutzman</td>
<td>9-11 a.m.</td>
<td>Strength</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
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<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Keywords</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 8</td>
<td>Lincoln, CEC, 214</td>
<td>Stutzman</td>
<td>6-8 p.m.</td>
<td>Strength</td>
</tr>
<tr>
<td>Oct. 22</td>
<td>LIVE Online, Zoom</td>
<td>Stutzman</td>
<td>9-11 a.m.</td>
<td>Strength</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
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<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Keywords</th>
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</thead>
<tbody>
<tr>
<td>Oct. 7-Nov. 11</td>
<td>Lincoln, CEC, 303</td>
<td>Lamb</td>
<td>6-8 p.m.</td>
<td>Karate</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Keywords</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 5-Nov. 23</td>
<td>Lincoln, HATCH</td>
<td>Ogden</td>
<td>6:15-7:15 p.m.</td>
<td>Pilates</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Keywords</th>
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</thead>
<tbody>
<tr>
<td>Aug. 31-Sept. 23</td>
<td>Lincoln, HATCH</td>
<td>Ogden</td>
<td>6:15-7:15 p.m.</td>
<td>Pilates</td>
</tr>
<tr>
<td>Oct. 6-Nov. 24</td>
<td>Lincoln, HATCH</td>
<td>Ogden</td>
<td>6:15-7:15 p.m.</td>
<td>Pilates</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Keywords</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 24-Sept. 9</td>
<td>Lincoln, CEC, 302</td>
<td>Marsh</td>
<td>6:30-8 p.m.</td>
<td>Chi</td>
</tr>
<tr>
<td>Oct. 12-Nov. 9</td>
<td>Lincoln, CEC, 302</td>
<td>Marsh</td>
<td>6:30-8 p.m.</td>
<td>Chi</td>
</tr>
</tbody>
</table>

Location Key

Lincoln, CEC: 301 S. 68th St. Place
Lincoln, HATCH: Holy Trinity Church, 6001 A St.

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

CANCELLATION 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.

For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. You 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.
**REGISTER ONLINE**

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.

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
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</table>

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<tr>
<th>Residence Mailing Address</th>
<th>City</th>
<th>Cell Phone</th>
<th>Email Address</th>
<th>Cell Phone</th>
<th>Cell Phone</th>
</tr>
</thead>
</table>

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**  
- **Black/African-American**  
- **Native Hawaiian/Other Pacific Islander**  

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<thead>
<tr>
<th>COURSE NUMBER</th>
<th>TITLE</th>
<th>START DATE</th>
<th>COST</th>
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<tr>
<th>SIGNATURE</th>
<th>SCC Staff Tuition Waiver</th>
<th>TOTAL DUE</th>
</tr>
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</table>

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

<table>
<thead>
<tr>
<th>Name as it appears on card:</th>
<th>Exp.Date</th>
<th>CC #</th>
<th>BILLING AGENCY (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)</th>
</tr>
</thead>
</table>

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 registration form to the Office of Registration and Records; 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 SIS, legal name, address, residence, 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. 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, or jsoto@southeast.edu.

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