

## Sport, Recreation & Fitness

Winter 2021



### Archery Introduction

Have fun and build self-confidence with a sport that has been burning up the silver screen. 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			
Jan. 5-March 9 Lincoln, PBAC	T Prairie Bowman	6-7 p.m. LLLX-0584-OCSA	\$40
Jan. 5-March 9 Lincoln, PBAC	T Prairie Bowman	7-8 p.m. LLLX-0584-OCSB	\$40



### Beginning Pickleball 101

Learn about the trending sport of pickleball! Pickleball is enjoyed by all ages, is easy to learn and no experience is necessary. It is a combination of badminton, ping pong and tennis. There will be instruction, basic strategy and skills taught in addition to playing time.

Paddle included. Tennis shoes are required. Wear comfortable clothes.

Keyword: Pickleball			
Jan. 4-25 Lincoln, SPUM, Gym	M Cech	5:30-7 p.m. LLLX-1679-OCSA	\$49
Feb. 1-22 Lincoln, SPUM, Gym	M Cech	5:30-7 p.m. LLLX-1679-OCSB	\$49

### 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.



Keyword: Strength			
Jan. 13 Lincoln, CEC, 303	W Stutzman	5:30-6:30 p.m. LLLX-2260-CESA	\$29
Jan. 23 LIVE Online, Zoom	S Stutzman	9-10 a.m. LLLX-2260-TCSA	\$29

### 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			
Feb. 3 Lincoln, CEC, 214	W Stutzman	6-7 p.m. LLLX-2261-CESA	\$29
Feb. 6 LIVE Online, Zoom	S Stutzman	9-10 a.m. LLLX-2261-TCSA	\$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			
Feb. 3-March 10 Lincoln, CEC, 304	W Lamb	6-8 p.m. LLLX-0303-CESA	\$69



[www.ed2go.com/sccne](http://www.ed2go.com/sccne)

### BROWSE COURSES IN

*Accounting and Finance*  
*Business*  
*College Readiness*  
*Computer Applications*  
*Design and Composition*  
*Health Care and Medical*

*Language and Arts*  
*Law and Legal*  
*Personal Development*  
*Teaching and Education*  
*Technology*  
*Writing and Publishing*

### Location Key

Lincoln, CEC .....Jack J. Huck Continuing Education Center, 301 S. 68th St. Place  
Lincoln, PBAC .....Prairie Bowman Club, 1432 N. Cotner Ave.  
Lincoln, SPUM .....St. Paul United Methodist Church, 1144 M St.



## 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

Basic posture and breathing.

**Keyword: Yoga**



Jan. 19-March 9 LIVE Online, Zoom	T Whittle	7-8 p.m. LLLX-1701-TCSA	\$69
Jan. 25-March 15 Lincoln, HTCH	M Ogden	7:30-8:30 p.m. LLLX-1701-OCSA	\$69

### Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

**Keyword: Yoga**

Jan. 27-March 17 Lincoln, HTCH	W Ogden	7:30-8:30 p.m. LLLX-1755-OCSA	\$69
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### Yoga II

Prerequisite: Yoga I (LLLX-1755)

This is a continuation of Yoga I.

**Keyword: Yoga**

Jan. 28-March 18 Lincoln, HTCH	Th Ogden	6:30-7:30 p.m. LLLX-1744-OCSA	\$69
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### 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!



**Keyword: Yoga**

Jan. 21-March 11 LIVE Online, Zoom	Th Whittle	7-8 p.m. LLLX-1695-TCSA	\$69
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### Gentle Yoga

Chair, standing or mat positions.

**Keyword: Yoga**



Jan. 25-Feb. 22 LIVE Online, Zoom	M Schroller	4:30-5 p.m. BBB-1538-TCSA	\$19
March 8-April 5 LIVE Online, Zoom	M Schroller	4:30-5 p.m. BBB-1538-TCSB	\$19

### Yoga & Pilates

All experience levels welcome.

**Keyword: Yoga**



Jan. 25-Feb. 22 LIVE Online, Zoom	M Schroller	5:30-6:30 p.m. BBB-1537-TCSA	\$35
March 8-April 5 LIVE Online, Zoom	M Schroller	5:30-6:30 p.m. BBB-1537-TCSB	\$35

## 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**

Jan. 25-March 15 Lincoln, HTCH	M Ogden	6:15-7:15 p.m. LLLX-1523-OCSA	\$69
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## 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**

Jan. 26-March 16 Lincoln, HTCH	T Ogden	6:15-7:15 p.m. LLLX-1709-OCSA	\$69
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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>.

**Location Key**  
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 [continued@southeast.edu](mailto:continued@southeast.edu)

<http://bit.ly/SCC-UGotClass>

- BROWSE CERTIFICATES & COURSES IN**
- Business
  - Business Communication
  - Health
  - Human Resources
  - Leadership
  - LEED Green Workplace Management
  - New Media Marketing
  - Personal Development
  - Social Media for Business
  - Technology Skills
  - Training and Education
  - Training for K12 Teachers

Check out all classes offered at [www.southeast.edu/continuing](http://www.southeast.edu/continuing)  
Find us on Facebook® at [www.facebook.com/SCCNebCE](http://www.facebook.com/SCCNebCE)

**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.



# 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](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	<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	( )
<b>TOTAL DUE</b>	

<b>FOR OFFICE USE ONLY</b>
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](mailto:jsoto@southeast.edu).

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[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

