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

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Room Code</th>
<th>Cost</th>
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<td>Lincoln, CEC, 303</td>
<td>Stutzman</td>
<td>5:30-6:30 p.m.</td>
<td>LLLX-2260-CESA</td>
<td>$29</td>
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<td>Jan. 23</td>
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<td>9-10 a.m.</td>
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<td>$29</td>
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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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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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<tr>
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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

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<td>5:30-7 p.m.</td>
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**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**

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<tr>
<th>Date</th>
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<th>Location</th>
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<td>Whittle</td>
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**Yoga I**

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

**Keyword: Yoga**

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<th>Time</th>
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**Yoga II**

Prerequisite: Yoga I (LLLX-1755)

This is a continuation of Yoga I.

**Keyword: Yoga**

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<td>Ogden</td>
<td>6:30-7:30 p.m.</td>
<td>LLLX-1764-OCSA</td>
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**Anymore 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**

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**Gentle Yoga**

Chair, standing or mat positions.

**Keyword: Yoga**

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<td>4:30-5 p.m.</td>
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**Yoga & Pilates**

All experience levels welcome.

**Keyword: Yoga**

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<td>Schroller</td>
<td>5:30-6:30 p.m.</td>
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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**

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</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.

**Keyword: Pilates**

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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.


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**Location Key**

**Lincoln, HATCH** .......................... 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 [continuinged@southeast.edu](mailto:continuinged@southeast.edu)

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**BROWSE Certificates & Courses IN**

- **Business**
  - Business Communication
  - 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**

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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)
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 for additional information.

Social Security Number OR SCC Student ID Number Birth Date Name: Last State Zip
Residence Mailing Address City County #
Email Address Cell Phone
Phone:
Email Address

I identify as:  Male  Female
Residency:  Nebraska Resident  Non-Resident
Ethnicity (select one):  Not Hispanic or Latino  Hispanic or Latino
Race (Select one or more):  Not Hispanic or Latino  White  Asian  American Indian/Alaska Native  Native Hawaiian/Other Pacific Islander  Black/African-American

COURSE NUMBER TITLE START DATE COST

$  $  $  $  $  $  $  $  

TOTAL DUE

Would you like a receipt mailed to you?  Yes  No

SCC Staff Tuition Waiver

FOR OFFICE USE ONLY

ID# __________________

SIGNATURE

QUIT CHECK  CASH  MASTERCARD  AMEX  DISCOVER  VISA  V Code _______

Name as it appears on card: __________________________

Exp. Date: __________________________

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.

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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