NEW! Cardio Boxing Class
Cardio Boxing offers a high intensity, cardiovascular workout that combines basic boxing techniques and dynamic conditioning exercises. It is similar to Cardio Kickboxing, but without the kicks. Help build stamina, improve flexibility and burn calories as you build lean muscle.

No equipment needed. Need to wear comfortable clothes and supportive shoes.

Key: Cardio

May 1-June 12
LIVE Online, Zoom
S 9-9:45 a.m.
Waters
No class May 29
AREA-8523-TCSA
$25

Body Sculpting: Butts & Guts
Join our special focus class just for your lower body! This workout routine is designed to help shape and tone belly and buttocks muscles, along with increasing lower body strength, burning fat and building lean muscle. You will learn how to utilize proper form to avoid injury and gain results.

Students should wear workout attire (comfortable pants/shirt/tennis shoes) and bring water and a towel (optional.)

Key: Sculpting

June 1-22
LIVE Online, Zoom
T 6-7 p.m.
Waters
AREA-8505-TCUA
$31

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.

Yoga

Mats provided.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plattsmouth, SER</td>
<td>May 18-June 15</td>
<td>T</td>
<td>8:30-9:30 a.m.</td>
<td>Brannan</td>
<td>AREA-8619-PLSG</td>
</tr>
<tr>
<td>Plattsmouth, SER</td>
<td>May 20-June 17</td>
<td>Th</td>
<td>8:30-9:30 a.m.</td>
<td>Brannan</td>
<td>AREA-8619-PLSH</td>
</tr>
</tbody>
</table>

$35

Location Key
Plattsmouth, SER............... Serenity Yoga & Wellness, 546 Ave. A, Suite 5

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 Lyn Belitz at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-472-7000 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.


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.

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 First Middle Initial

Residence Mailing Address City State Zip County #

Email Address Cell Phone

I identify as: ☐ Male ☐ Female ☐ Nebraska Resident ☐ Non-Resident ☐ Hispanic or Latino ☐ Not Hispanic or Latino ☐ White ☐ Asian ☐ American Indian/Alaska Native ☐ Native Hawaiian/Other Pacific Islander ☐ 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 course(s) 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; (3) that my request constituted an "educational record" under FERPA. I certify that the information contained herein is correct as stated, and if any changes in S/SN, 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. Requests concerning the application of SCC’s policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Inclusion, SCC Area Office, 301 S. 68th St., Miami, OK 74354.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

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.

301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703

www.southeast.edu/continuing