Sport, Recreation & Fitness

Summer 2021

Fit for Senior Living
Exercise is an essential part of life. Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key in this 12-week session. Best price for your workout!
Brought to you by your tennis shoes.

Effective No-Equipment Exercises
Have you wanted to exercise but always felt like you needed special gym or home equipment to do so? You will be introduced to exercises that do not require equipment. Different variations of exercise will be explored and discussed so you can find what works best for your time and lifestyle.

Wear comfortable clothes and shoes.

Body Sculpting: Butts & Guts
Join our special focus class just for your lower body! The belly and buttocks muscles are the focus for shaping, along with increasing lower-body strength, burning fat and building lean muscle.

How to utilize proper form to avoid injury and gain results are discussed.

Wear comfortable loose clothes.

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 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.

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.

Location Key
Plattsmouth, PLLC, Commons Learning Center at Plattsmouth, 537 Main St.

Social Security Number OR SCC Student ID Number
Birth Date
Name: Last
First
Middle Initials

Residence Mailing Address
City
State
Zip
County #

Email Address
Cell Phone
Home
Business Phone

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

COURSE NUMBER
TITLE
START DATE
COST

TOTAL DUE

TOTAL DUE

Yes
No

Did you like a receipt mailed to you?

SCC Staff Tuition Waiver

SIGNATURE

Please print:

I understand 1) that my registration is complete and that I am responsible 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 to SSL, 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 admissions, 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.

Reg. Card 

Today's Date

For office use only

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

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

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.


Registration Form - Non-Credit Course
You must have an email account to register online.


2. **Search for your class** by entering either 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**.

6. 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**.

7. 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**. **Print** this page 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.

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*The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an “educational record” under FERPA.*