

Sport, Recreation & Fitness

Summer 2021

NEW! Intro to Stand-Up Paddle Boarding

Stand-up paddle boarding is one of the fastest-growing paddling sports. If you enjoy the water and are an adventurous beginner, this class is for you. You will participate in both a land-based and paddling progression to help you gain confidence and balance.

You must provide own entry fee to state recreation area. Class meets at the boat beach near the swim beach on north side of lake. Instructions will be sent. No refunds after July 14.

Keyword: Paddle

July 17 Lincoln, PLSR	S Hinnant	9 a.m.-Noon LLLX-0359-OCUA	\$59
--------------------------	--------------	-------------------------------	------



Intro to Kayaking

The recreational kayak is a great way to explore and enjoy the lakes in the Lincoln area. The new design of recreational kayaks provides a stable platform for everyone to enjoy this lifetime activity. You will be introduced to the basics of kayaking and safety measures so you can start enjoying this new activity on your own.

All kayaking equipment is provided. Class meets at boat launch on south side of lake. Additional directions provided before class. No refunds after July 7.

Keyword: Kayaking

July 10 Lincoln, HLNS	S Krimm	9 a.m.-Noon LLLX-0184-OCUA	\$49
--------------------------	------------	-------------------------------	------

Intro to Fly Fishing

Fly fishing is fun, relaxing and easy to learn. Class is designed to introduce new fly fishers to the essential elements of fly fishing. You will learn to select and set up the equipment, cast a fly rod, tie flies and land fish using traditional fly-fishing methods.

You will need to have a current Nebraska fishing license and park permit. All rods and other equipment provided for use in class. There is a \$10 cash supply fee payable in the first class. The fishing outing details will be discussed at the first class.

Keyword: Fishing

Sept. 2-30 Lincoln, CEC, 302	Th Forster	6-8 p.m. LLLX-0389-CEFA	\$99
---------------------------------	---------------	----------------------------	------

Introduction to Sailing

Sailing is both a fun recreation and a serious sport. All sailboats work the same way to harness the wind for propulsion. Discover how sailboats work, common types of boats and where people go sailing. Class is taught by an experienced skipper who answers your questions and lets you experience sailing at your own pace.

Life jackets required. If you have your own personal floatation device, bring it. PFDs will be furnished for students who do not have their own. Wear soft-soled shoes. A day entry park permit will be required. If weather is questionable, call 402-314-8026 for class status. Minimum age is 12 with adult enrolled.

Keyword: Sailing

July 10 Lincoln, BOLK	S Brown	9:30-11:30 a.m. LLLX-0390-OCUC	\$49
July 24 Lincoln, BOLK	S Brown	9:30-11:30 a.m. LLLX-0390-OCUD	\$49
Aug. 7 Lincoln, BOLK	S Brown	9:30-11:30 a.m. LLLX-0390-OCUE	\$49
Aug. 14 Lincoln, BOLK	S Brown	9:30-11:30 a.m. LLLX-0390-OCUF	\$49

Everyday Bike Maintenance

Build your confidence on performing simple maintenance items on your bike. Bike anatomy, fit, ABC quick check, fix a flat, and simple brake and shifting adjustments will be covered. Ride through this class learning both about simple repairs and talking to a bike mechanic for the more complex repairs.

You may bring your bike or come and watch.

Keyword: Bike

July 17 Lincoln, UOAC	S	10 a.m.-Noon LLLX-1719-LNUA	\$39
--------------------------	---	--------------------------------	------

Golf for You!

Golfers of all skill levels welcome. If you are new to the game or need a little tune-up, this is your class. Putting, chipping, and full swing will be covered.

Personal golf clubs are not needed to participate. However, if you have your own set, please bring it. If weather is questionable, call the pro shop.

Keyword: Golf

July 6-27 Lincoln, MGC	T Benson	6-7:15 p.m. LLLX-1702-OCUA	\$89
July 7-28 Lincoln, MGC	W Benson	6-7:15 p.m. LLLX-1702-OCUB	\$89
Aug. 17-Sept. 7 Lincoln, MGC	T Benson	6-7:15 p.m. LLLX-1702-OCUC	\$89
Aug. 18-Sept. 8 Lincoln, MGC	W Benson	6-7:15 p.m. LLLX-1702-OCUD	\$89

Location Key

Lincoln, BOLKBranched Oak Lake
Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, HLNSHolmes Lake, 70th & Normal Blvd.
Lincoln, MGCMahoney Golf Course, 7900 Adams St.
Lincoln, PLSRPawnee Lake State Recreation Area, 3800 N.W. 105th St.
Lincoln, UOACUniversity of Nebraska—Lincoln, Outdoor Adventures Center, 930 N. 14th St.

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

Archery Introduction

Have fun and build self-confidence with a sport that has been popular for years. Learn archery and build confidence in a self-paced class. This is a great course for those who want to try archery as a sport or recreationally.

Classes meet indoors, and equipment is 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

July 20-Sept. 21 Lincoln, PBAC	T Prairie Bowman	6-7 p.m. LLLX-0584-OCUA	\$50
July 20-Sept 21 Lincoln, PBAC	T Prairie Bowman	7-8 p.m. LLLX-0584-OCUB	\$50

Treasure Hunting 101

Discovering lost and hidden treasures may appeal to the adventurer in you, but you don't have to fly off to distant locations. In fact you don't have to leave your hometown. Treasure Hunter Nathan Schwenke will lead this interesting and fun class as you discover hunting, equipment, types of treasure you might find and what to do with them. This class will fill quickly, so don't wait to sign up!

Keyword: Treasure

July 17 Lincoln, CEC, 302	S Schwenke	9 a.m.-Noon LLLX-0855-CEUB	\$29
Sept. 25 Lincoln, CEC, 214	S Schwenke	9 a.m.-Noon LLLX-0855-CEFA	\$29

Two Steps Beyond Beginning Bridge

Prerequisite: One Step Beyond Beginning Bridge or equivalent.

This is an ideal class for bridge players who want to move beyond the basics. Topics for the class will include no trump and suit opening bids, Stayman and Jacoby Transfer, opening leads, responding bids, weak twos and other preemptive bids, opening and responding to strong opening bids and slam conventions.

Keyword: Bridge

Aug. 3-19 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-0429-CEUA	\$69
--------------------------------	-----------------	----------------------------	------

Defensive Bridge Strategies

Playing bridge is a combination of skill, luck and communication. As defenders, you and your partner must give each other as much information as possible to defeat the contract. This class is designed for any bridge player who has completed a minimum of beginning bridge. Topics include opening leads, second- and third-hand play, attitude and suit preference signals, and general defensive tips.

This class will move to Zoom if Directed Health Measures warrant it.

Keyword: Defensive

June 22-July 8 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-0435-CEUA	\$69
-------------------------------------	-----------------	----------------------------	------

Guide by the Side Bridge

Have you ever been sitting at the bridge table looking at your hand thinking, "What in the world do I do with this hand?" That is a situation that happens to all bridge players. The intent of this class is to offer a bidding and playing tip at the beginning of each class and then play random hands. You will have a bridge mentor walking around the classroom to offer guidance and to answer questions.

This class is designed for players who have bridge fundamentals.

Keyword: Bridge

Aug. 2-18 Lincoln, CEC, 414	M, W Kepler	6-8 p.m. LLLX-0434-CEUA	\$69
--------------------------------	----------------	----------------------------	------

Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, PBAC Prairie Bowman Club, 1432 N. Cotner Ave.

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 yoga mat to class. Choose a location and class to fit your needs.

Fundamentals of Yoga

Basic posture and breathing.

Keyword: Yoga

July 12-Aug. 30 Lincoln, CEC, 111	M Georgeson	7:30-8:30 p.m. LLLX-1701-CEUA	\$69
--------------------------------------	----------------	----------------------------------	------

Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

Keyword: Yoga

July 14-Sept. 1 Lincoln, CEC, 111	W Georgeson	7:30-8:30 p.m. LLLX-1755-CEUA	\$69
--------------------------------------	----------------	----------------------------------	------

Yoga II

Prerequisite: Yoga I (LLLX-1755)

This is a continuation of Yoga I and further exploration of mind/body/breath awareness.

Keyword: Yoga

July 15-Sept. 2 Lincoln, CEC, 111	Th Georgeson	6:30-8 p.m. LLLX-1744-CEUA	\$79
--------------------------------------	-----------------	-------------------------------	------

First-Rate Bridge Conventions & Competitive Bidding

It is so much fun to have extra tools in your bridge-playing tool bag. This is an ideal class for a more experienced player who is looking for some additional bells and whistles to use at the bridge table. Topics include: Jacoby 2 NT, Splinter Bids, Overcalls, Take-out Doubles, Negative Doubles, Help Suit Game Try, and Strong Opening and Responding Bids.

Class is designed for any bridge player who has completed Two-Steps Beyond Beginning Bridge or equivalent.

Keyword: Bridge

July 13-29 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-0436-CEUA	\$69
---------------------------------	-----------------	----------------------------	------

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.

Keyword: Exercises

July 31-Aug. 28 LIVE Online, Zoom	S Waters	9-10 a.m. AREA-8553-TCUWA	\$39
--------------------------------------	-------------	------------------------------	------



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>.

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.



Keyword: Sculpting

July 13-Aug. 3 T 6-7 p.m. \$31
LIVE Online, Zoom Waters AREA-8505-TCUWB

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 toward women, but everyone is encouraged to attend.

Keyword: Defense

July 20 T 6-8 p.m. \$29
Lincoln, CEC, 303 Karas LLLX-0302-CEUA

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place

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

July 12-Aug. 30 M 6:15-7:15 p.m. \$69
Lincoln, CEC, 111 LLLX-1523-CEUA

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. This is not a beginning class.

Keyword: Pilates

July 13-Aug. 31 T 6:15-7:15 p.m. \$69
Lincoln, CEC, 111 LLLX-1709-CEUA



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>.

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

For more information, contact us at 800-828-0072 or continuing@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. **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.



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.

PLEASE PRINT

Today's Date

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 ()

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 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.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
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.



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

* 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.