Senior Stretch & Flex
Enjoy a morning workout and improve your health. This active-aging class will include stretching, cardio and the proper use of free weights. You will experience improved flexibility while seeing positive changes in your body. Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Keyword: Stretch

| Oct. 12-Nov. 9 | T | 10:45-11:30 a.m. | Falls City, FCLC | $29 |
| Oct. 15-Nov. 12 | F | 9-9:45 a.m. | Falls City, FCLC | $29 |

How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions
Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that's OK so long as you know how to put yourself back on a leash. The different types of coping skills will be explored, along with their triggers. Management strategies, techniques and tools will be presented and discussed.

Keyword: Learning

| Oct. 21 | Th | 6-8 p.m. | LIVE Online, Zoom | $19 |
| LIVE Online, Zoom | | | Roseberry | |

NEW! Meditative Mandalas
Discover the geometric doodles of the circular mandala designs as you practice mindfulness skills, breathing exercises and expressions of gratitude.

Bring to class a fine-tip marker and paper.

Keyword: Mandalas

| Oct. 12-19 | T | 6-7:30 p.m. | LIVE Online, Zoom | $29 |
| LIVE Online, Zoom | | | Roseberry | |

Cardio Boxing Class
Cardio boxing offers a high-intensity, cardiovascular workout that combines basic boxing techniques and dynamic conditioning exercises. It helps to build stamina, improve flexibility and burn calories while building lean muscle.

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

Keyword: Cardio

| Oct. 2-23 | S | 9-10 a.m. | LIVE Online, Zoom | $31 |
| LIVE Online, Zoom | | | Waters | |

For more information, contact Holly Carr at 800-828-0072, ext. 3396, or hcarr@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 canceled 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.

Check out all classes offered at www.southeast.edu/FallsCityLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratFallsCity
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.

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.

You can also 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
Middle Initial
City
State
Zip
County #
Email Address
Cell Phone
Home Phone
Business Phone
I identify as: Male □ Female □
X (Gender variant/Non-binary)
□ Nebraska Resident □ Non-Resident
□ Hispanic or Latino □ Not Hispanic or Latino
□ White □ Asian □ Native Hawaiian/Other Pacific Islander □ American Indian/Alaska Native □ Black/African-American
Ethnicity (select one):
Race (Select one or more):
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.

Additional Registration Information

Would you like a receipt mailed to you? □ Yes □ No
TOTAL DUE

SCC Staff Tuition Waiver

FOR OFFICE USE ONLY

ID # __________________
DE __________________

Today’s Date


www.southeast.edu/continuing