It's Time for Football

Nebraska means football. Whether you are cheering on your favorite team or the Cornhuskers, be in the know! Gain insight from Coach Darlington as you discover the fundamentals of football and everything that surrounds it. Be ready when your favorite team hits the field this year. You will be able to cheer them on with new appreciation and knowledge.

George Darlington is a former defensive back coach for the Huskers from 1973-2002. This class series will end with a "graduation" event on Thursday, Nov. 4.

Keyword: Football

Sept. 23-Nov. 4  Th 6:30-8:30 p.m.  $79
Lincoln, CEC, 303 Darlington LXXX-0185-CEFA

Archery Introduction

Have fun and build self-confidence with a sport that has been popular for years. Learn archery 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

Oct. 26-Dec. 28  T 6-7 p.m.  $50
Lincoln, PBAC Prairie Bowman LXXX-0584-OCFA
Oct. 26-Dec. 28  T 7:30-8:30 p.m.  $50
Lincoln, PBAC Prairie Bowman LXXX-0584-OCFB

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 also are discussed.

Wear comfortable, loose clothes.

Keyword: Sculpting

Nov. 6-Dec. 4  S 9-10 a.m.  $31
LIVE Online, Zoom Waters No class Nov. 27 AREA-8505-TCFWA

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.

Keyword: Yoga

Yoga Basics

New to yoga or want a basic practice? This is perfect for you!

Oct. 4-Nov. 29  M 7-8:15 p.m.  $69
Lincoln, CEC, 111 Georgeson No class Nov. 1 LXXX-1701-CEFA

Yoga Styles

Learn the different forms of yoga, from yoga nidra to flow and everything in between. We'll practice a different style each week.

Oct. 5-Nov. 30  T 7-8:15 p.m.  $69
Lincoln, CEC, 111 Georgeson LXXX-2012-CEFA

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 us at 800-828-0072 or continuinged@southeast.edu

Check out all classes offered at www.southeast.edu/continuing

Find us on Facebook® at www.facebook.com/SCCNebCE
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. 23  
LIVE Online, Zoom  
S Waters  
$31  
AREA-8523-TCFWA

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
Sept. 25  
Lincoln, CEC, 214  
S Schwenke  
9 a.m.-Noon  
LLLX-0855-CEFA

Location Key
Lincoln, CEC ..........................Jack J. Huck Continuing Education Center, 301 S. 68th St. Place

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

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