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 |

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 | T   | 9-10 a.m.      | Live Online, Zoom | $31 |
| No class Nov. 27 |   |                | Fall City, FCLC | AREA-8415-FCFA |

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 | T   | 9-10 a.m.        | Live Online, Zoom | $31 |
| Water |     |                  | Water, FCLC | AREA-8523-TCFWA |

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.
**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.*

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**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](http://www.southeast.edu/collegecatalog) for additional information.

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
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Enter your Course Number Example: K 111 M 01 2345 1988 2000

402-437-2700 or 800-828-0072 for assistance.

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**.

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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For Office Use Only

Today's Date ____________

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<tr>
<th>Course Number</th>
<th>Title</th>
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TOTAL DUE __________________

ID# __________________

[For Office Use Only]

**SCC Staff Tuition Waiver**

Would you like a receipt mailed to you? ☐ Yes ☐ No

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.

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