Learn to Play Pinochle

Pinochle is a classic card game which can be played with a single deck or double deck. Fun terminology: meld, marriages, runs, hundred aces, and pinochles, what do they all mean? Pinochle is hard to spell, but soon this will become your family "go-to" game!!!

Keyword: Pinochle

Nov. 1-22
Plattsmouth, PLLC, 102
Whitehead
6:30-8:30 p.m.
AREA-8649-PLFA
$49

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!

Bring a towel and your tennis shoes.

Keyword: Fit

Oct. 1-Dec. 22
Plattsmouth, PLLC, Commons
M, W, F
9:30-10:30 a.m.
Scanlan
AREA-8810-PLFA
$65

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.
Waters
No class Nov. 27
AREA-8505-TCFWA
$31

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.
Waters
No class Nov. 27
AREA-8523-TCFWA
$31

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

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

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.

Location Key
Plattsmouth, PLLC............. Learning Center at Plattsmouth, 537 Main St.
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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### 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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- I identify as: [ ] Male [ ] Female
- [ ] X (Gender variant/Non-binary)
- [ ] Nebraska Resident [ ] Non-Resident
- [ ] Hispanic or [ ] Not Hispanic or [ ] Latino
- [ ] Race (Select one or more): [ ] White [ ] Asian [ ] American Indian/Alaska Native [ ] Native Hawaiian/Other Pacific Islander [ ] Black/African-American

**COURSE NUMBER**

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<th>TITLE</th>
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**TOTAL DUE**

**SCC Staff Tuition Waiver**

**FOR OFFICE USE ONLY**

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<tr>
<th>Name as it appears on card:</th>
<th>Exp.Date</th>
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**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.

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301 S. 68th St. Place, Lincoln, NE 68510

402-437-2700 • 800-828-0072 • FAX 402-437-2703

[www.southeast.edu/continuing](http://www.southeast.edu/continuing)