

Sport, Recreation & Fitness

Winter 2022

NEW! Self-Defense Techniques

Self-defense training will teach you to recognize and avoid dangerous situations and how to defend yourself in the event that you are attacked. Class include physical techniques as well as psychological preparation.



Keyword: Defense

Jan. 16 NE City, AWC, Group X	U Jensen	11 a.m.-2 p.m. AREA-8507-NCSA	\$59
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NEW! Spin & Strap

Pedal a stationary bike as you are guided through a visualization of an outdoor workout. Pace and speed will vary throughout the workout. Suspension training straps allows your body weight to work for you in developing strength, balance, flexibility and core stability. Any fitness level can participate in this workout!

Dress in loose, comfortable clothing and appropriate shoes.

Keyword: Spin

Jan. 11-Feb. 10 NE City, AWC, Group X	T, Th Stukenholtz	5:30-6:30 p.m. AREA-8730-NCSA	\$59
Feb. 15-March 17 NE City, AWC, Group X	T, Th Stukenholtz	5:30-6:30 p.m. AREA-8730-NCSB	\$59

Cardio Circuit

Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up!

Keyword: Cardio

Jan. 10-31 NE City, AWC, Group X	M, W, F DeBuhr	8:30-9:30 a.m. AREA-8726-NCSA	\$59
Feb. 2-23 NE City, AWC, Group X	M, W, F DeBuhr	8:30-9:30 a.m. AREA-8726-NCSB	\$59

Rip (formerly BodyPump)

Rip Training utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance, and coordination challenges.

Keyword: Rip

Jan. 10-Feb. 9 NE City, AWC, Group X	M, W Stukenholtz	5:30-6:30 p.m. AREA-8727-NCSA	\$59
Feb. 14-March 16 NE City, AWC, Group X	M, W Stukenholtz	5:30-6:30 p.m. AREA-8727-NCSB	\$59



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. 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>.

Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available.

Zumba

Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

Keyword: Zumba

Jan. 11-March 15 NE City, AWC, Group X	T Farmer	5:30-6:30 p.m. AREA-8715-NCSA	\$59
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NEW! Walk for a Healthier You

Ready to reap the benefits of walking right in your very own home? Walking can increase energy levels; strengthen bones and muscles; improve mood, memory and sleep; and reduce stress. Work-outs will include warm-ups and cool-downs.

Dress in loose, comfortable clothing and appropriate shoes.

Keyword: Walk

Jan. 25-Feb. 22 LIVE Online, Zoom	T Waters	5:30-6:15 p.m. AREA-8492-TCSWA	\$25
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Strength Training FUNDamentals: Tone & Eat Right

Help boost your strength training moves with nutrition principles that help affect your metabolism and weight loss. Don't have any strength training moves? We do! See how some new moves and knowledge of what you eat is key to strength training benefits.

Keyword: Strength

Jan. 8-15 LIVE Online, Zoom	S Stutzman	9-10 a.m. LLLX-2261-TCSA	\$29
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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

Feb. 5-26 LIVE Online, Zoom	S Waters	9-10 a.m. AREA-8505-TCSWA	\$31
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NEW! Full-Body Yoga/Stretching Class

Feel good! Melt sore, stiff muscles, breathe better, and improve your flexibility in 20 minutes with this full-body yoga and stretching class. You'll move through a gentle warm up then deeply stretch your muscles and joints, then move through a cool down. This total-body deep stretch can be used as morning yoga, after work yoga and post work-out or anytime!

Keyword: Yoga

Jan. 5-Feb. 23 LIVE Online, Zoom	W Uldrich	6:30-7:30 p.m. AREA-8653-TCSYA	\$69
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Location Key

NE City, NCLC Learning Center at Nebraska City, 1406 Central Ave.

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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.

* 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.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

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

PLEASE PRINT

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		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"/> X (Gender variant/Non-binary)		<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.

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

