

Sport, Recreation & Fitness

Spring 2022

Learn to Play Pinochle

Pinochle is a classic card game which can be played with a single deck or double deck. It has fun terminology: meld, marriages, runs, hundred aces, and pinochle. What do they all mean? Pinochle is hard to spell but soon this will become your family's "go to" game!!!

Keyword: Pinochle

April 19-May 10	T	5:30-7:30 p.m.	\$49
NE City, NCLC, 103	Meyer	AREA-8649-NCSA	

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. Workouts will include warm-ups and cool-downs.



Dress in loose, comfortable clothing and appropriate shoes.

Keyword: Walk

April 5-May 3	T	5:30-6:15 p.m.	\$25
LIVE Online, Zoom	Waters	AREA-8492-TCSWB	

Water Aerobics

Why exercise in water? Water offers more resistance than air, allowing for a terrific cardiovascular workout, enhancing flexibility, strengthening and toning.

Swimming suits are required, while water shoes are recommended.

Keyword: Water

May 2-June 1	M, W	8:30-9:30 a.m.	\$59
NE City, AWC, Pool	Madden	AREA-8717-NCSA	
May 2-June 1	M, W	4:45-5:45 p.m.	\$59
NE City, AWC, Pool	Schnitzer	AREA-8717-NCSB	

Cardio Circuit

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

Keyword: Cardio

April 4-25	M, W, F	8:30-9:30 a.m.	\$59
NE City, AWC, Group X	DeBuhr	AREA-8726-NCSC	

Barre Workout

Barre is a form of exercise in which classical ballet movements and positions are combined with those from yoga and Pilates.

Barre classes focus on small, pulsing movements with emphasis on form, alignment and core engagement. Wear comfortable clothing suitable for working out.

Keyword: Barre

April 14-May 16	M, Th	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Rayhel	AREA-8729-NCSA	

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.

Yoga

Mats provided.

Keyword: Yoga

April 6-May 4	W	6:45-7:30 p.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8419-NCSA	
April 14-May 12	Th	12:10-12:55 p.m.	\$35
NE City, AWC, Group X	Barr	AREA-8419-NCSB	

Chair Yoga

Modified yoga poses seated in a chair.

Keyword: Yoga

April 19-May 17	T	9:45-10:30 a.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8418-NCSA	

Fitness Boot Camp

This intense workout is for all levels, no matter where you are in your fitness journey.

Wear comfortable clothing suitable for working out.

Keyword: Fitness

April 13-June 15	W	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Barr	AREA-8725-NCSA	

Morning Mix-Up

Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, yoga, suspension training and more.

Wear comfortable clothing suitable for working out.

Keyword: Mix-Up

May 2-23	M, W, F	5:30-6:30 a.m.	\$59
NE City, AWC, Group X	DeFreece/Essary/Sammons	AREA-8722-NCSA	



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.

Location Key

NE City AWC Ambassador Wellness Center, 1240 N. 19th
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

Spinning/Indoor Cycling

This is a fast-paced high intensity calorie-burning workout. Build endurance and strength.

Bring a water bottle and appropriate attire. Equipment provided.

Keyword: Cycling

April 12-May 19 NE City, AWC, Spin Rm	T, Th Stukenholtz	5:30-6 p.m. AREA-8592-NCSA	\$39
April 19-June 14 NE City, AWC, Spin Rm	T Barr	12:10-12:50 p.m. AREA-8592-NCSB	\$39

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

April 6-June 8 NE City, AWC, Group X	W Stukenholtz	5:30-6:30 p.m. AREA-8727-NCSA	\$59
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Zumba

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

Keyword: Zumba

April 5-June 7 NE City, AWC, Group X	T Farmer	5:30-6:30 p.m. AREA-8715-NCSB	\$59
May 3-June 2 NE City, AWC, Group X	T, Th Wetrosky	8:30-9:30 a.m. AREA-8715-NCSA	\$59

Location Key

NE City, AWC.....Ambassador Wellness Center, 1240 N. 19th

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

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

April 4-May 2 NE City, AWC, Group X	M Carlson	9:45-10:30 a.m. AREA-8415-NCSA	\$29
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Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!



Bring a mat, towel and tennis shoes. Will use outdoor classrooms as often as can for Plattsmouth class.

Keyword: Fit

May 17-June 21 LIVE Online, Zoom	T Waters	5:30-6:15 p.m. AREA-8593-TCSWA	\$29
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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.

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

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 cancelled 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.



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.

PLEASE PRINT

Today's Date

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"/> 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"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Asian <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. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. www.southeast.edu/diversity *The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
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.



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

* 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.