

## Sport, Recreation & Fitness

Spring 2022



### NEW! If Sherlock Holmes Played Bridge

Join Sherlock and Dr. Watson at the bridge table because as you know, good bridge players also are good detectives. Put on your detective hat and learn how to: Size Up the Case (analyzing the bidding, lack of bidding and opening leads), Find the Witnesses (declarer's play on trick one, counting winners and losers and making a plan), Analyze the Clues (Your opponents have had the audacity to bid. How can you use this information?), Conduct the Investigation (percentage plays, finessing, combining chances, and card combinations), and Check the Evidence (counting opponent's points and the shape of the opponent's card holding, watching the opponent's discards). This class is designed for more experienced bridge players who want to up their game.

**Keyword: Bridge**

June 21-July 7 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-1714-CEUA	\$69
June 21-July 7 Lincoln, CEC, 414	T, Th Kepler	3:30-5:30 p.m. LLLX-1714-CEUB	\$69

### NEW! Rock Solid Foundation Bridge

This is an ideal class for those beginning bridge players who have limited playing experience or for those who wish to feel more secure at the bridge table. This class will provide you with guidelines for opening the bidding, responding to opening bids, tips on playing the hand, making an opening lead, and overcalling.

**Keyword: Bridge**

May 3-19 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-1713-CESA	\$69
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#### Location Key

Lincoln, CEC .....Jack J. Huck Continuing Education Center,  
301 S. 68th St. Place  
Lincoln, MGC.....Mahoney Golf Course, 7900 Adams St.



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>.

### Play of the Hand

Prerequisite: Completion of One Step Beyond Beginning Bridge or equivalent.

You and your partner have gotten the bid. Hooray! The opening lead is made, the Board goes down on the table, and you get to play the hand. Now What? This class is full of tips and strategies on how to play a hand in both No Trump and Suit Contracts. You will learn how to count winners and create additional winners and how to count losers and learn playing techniques for discarding losers. This class is designed for any bridge player who wants to feel more confident in playing a bridge hand.

This class will move to Zoom if directed health measures warrant.

**Keyword: Play**

May 24-June 9 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-1390-CEUA	\$69
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### Beginning National Mah-Jongg

Mah-jongg is an ancient game that is once again sweeping the country. This four-session class will teach the basic foundations of mah-jongg, and by the end of the sessions you will be ready to play in casual games with friends.

**Keyword: Mah-Jongg**

May 9-18 Lincoln, CEC, 414	M, W Kepler	6-8 p.m. LLLX-0431-CESA	\$49
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### Intro to Fly Fishing

Fly fishing is fun, relaxing and easy to learn. Class is designed to introduce new fly fishers to the essential elements of fly fishing. You will learn to select and set up the equipment, cast a fly rod, tie flies and land fish using traditional fly-fishing methods.

You will need to have a current Nebraska fishing license and park permit. All rods and other equipment provided for use in class. There is a \$10 cash supply fee payable in the first class. The fishing outing details will be discussed at the first class.

**Keyword: Fishing**

April 7-May 12 Lincoln, CEC, 214	Th Forster	6-8 p.m. LLLX-0389-CESA	\$99
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### Golf for You!

Golfers of all skill levels welcome. If you are new to the game or need a little tune-up, this is your class. Putting, chipping, and full swing will be covered.

Personal golf clubs are not needed to participate. However, if you have your own set, please bring it. If weather is questionable, call the pro shop at 402-441-8969.

**Keyword: Golf**

April 12-May 3 Lincoln, MGC	T	6-7:15 p.m. Benson	\$89 LLLX-1702-OCSA
April 13-May 4 Lincoln, MGC	W	6-7:15 p.m. Benson	\$89 LLLX-1702-OCSB
May 24-June 14 Lincoln, MGC	T	6-7:15 p.m. Benson	\$89 LLLX-1702-OCUA
May 25-June 15 Lincoln, MGC	W	6-7:15 p.m. Benson	\$89 LLLX-1702-OCUB

For more information, contact us at  
800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

## 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 Basics

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

**Keyword: Yoga**

April 5-May 24 Lincoln, CEC, 111	T Hug-Novak	6-7 p.m. LLLX-1701-CESB	\$69
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### T'ai Chi for Beginners

T'ai Chi is a graceful form of exercise that promotes serenity through gently flowing movements. It is gentle and not strenuous and has been shown to include a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes.

**Keyword: Chi**

April 5-May 24 Lincoln, CEC, 111	T Hug-Novak	7-8 p.m. LLLX-1712-CESA	\$69
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### Introduction to Sailing

Sailing is both a fun recreation and a serious sport. All sailboats work the same way to harness the wind for propulsion. Discover how sailboats work, common types of boats and where people go sailing. Class is taught by an experienced skipper who answers your questions and lets you experience sailing at your own pace.

Life jackets required. If you have your own personal floatation device, bring it. PFDs will be furnished for students who do not have their own. Wear soft-soled shoes. A day entry park permit will be required. If weather is questionable, call 402-314-8026 for class status. Class is held at Branched Oak Lake. Minimum age is 12 with adult enrolled.

**Keyword: Sailing**

June 11 Lincoln, BOLK	S	9:30-11:30 a.m. Brown	\$59 LLLX-0390-OCUA
June 25 Lincoln, BOLK	S	9:30-11:30 a.m. Brown	\$59 LLLX-0390-OCUB
July 9 Lincoln, BOLK	S	9:30-11:30 a.m. Brown	\$59 LLLX-0390-OCUC
July 23 Lincoln, BOLK	S	9:30-11:30 a.m. Brown	\$59 LLLX-0390-OCUD
Aug. 6 Lincoln, BOLK	S	9:30-11:30 a.m. Brown	\$59 LLLX-0390-OCUE
Aug. 13 Lincoln, BOLK	S	9:30-11:30 a.m. Brown	\$59 LLLX-0390-OCUF

### 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**

April 12-June 21 Lincoln, PBAC	T Prairie Bowman	6-7 p.m. LLLX-0584-OCSC	\$50
April 12-June 21 Lincoln, PBAC	T Prairie Bowman	7:30-8:30 p.m. LLLX-0584-OCSD	\$50

### Location Key

Lincoln, BOLK	.....Branched Oak Lake
Lincoln, CEC	.....Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, PBAC	.....Prairie Bowman Club, 1432 N. Cotner Ave.

### 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 LIVE Online, Zoom	T Waters	5:30-6:15 p.m. AREA-8492-TCSWB	\$25
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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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For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

Check out all classes offered at [www.southeast.edu/continuing](http://www.southeast.edu/continuing)  
Find us on Facebook® at [www.facebook.com/SCCNebCE](http://www.facebook.com/SCCNebCE)

**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.



# 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](http://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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <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](http://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.