

# Sport, Recreation & Fitness

Summer 2022



## Kayak Fishing

Enjoy the up-close and extreme experience of kayak fishing. Professional instruction for the complete novice as well as the more advanced kayak anglers. Catch largemouth bass, panfish, and catfish in some of the most scenic waters in Southeast Nebraska at Duck Creek Lake.

Fishing equipment, paddles and personal flotation devices will be provided. Park permits will be necessary to enter the recreation area.

**Keyword: Fishing**

Sept. 12-26	M	5:30-8:30 p.m.	\$85
Auburn, DCL	Hughes	AREA-8699-NCFA	



## NEW! Develop Your Golf Game

This class will teach you basic golf instruction on grip, alignment, ball position, proper swing mechanics, and etiquette/rules which are all important aspects of the game. Learn tips on driving, proper club/iron selection and the short game (putting, chipping and pitching).

Bring your own clubs if you have them. PGA Golf Pro Steve Diehm will lead this class.

**Keyword: Golf**

Aug. 3-24	W	9-11 a.m.	\$99
NE City, TCGC, Pro Shop	Diehm	AREA-8655-NCUA	

### Location Key

Auburn, DCL..... Duck Creek Lake, 736 Road  
(6 miles north of Auburn, 2 miles east of Hwy 75 on 736 Road)  
NE City AWC ..... Ambassador Wellness Center, 1240 N. 19th  
NE City, TCGC ..... Table Creek Golf Course, 5633 I Road

## 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**

July 27-Aug. 24	W	6:45-7:30 p.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8419-NCUA	
July 28-Aug. 25	Th	12:10-12:55 p.m.	\$35
NE City, AWC, Group X	Barr	AREA-8419-NCUB	
Aug. 31-Sept. 28	W	6:45-7:30 p.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8419-NCFA	
Sept. 1-29	Th	12:10-12:55 p.m.	\$35
NE City, AWC, Group X	Barr	AREA-8419-NCFB	

For more information, contact **Cindy Meyer** at  
800-828-0072, ext. 3636, or [cmeyer@southeast.edu](mailto:cmeyer@southeast.edu)



### Adult Swim Lessons

Would you like to gain confidence in the water? It's never too late to learn to enjoy swimming and other water activities. Lessons will include safe entry/exit, floating, rotary breathing, flutter kicking, treading water, submersion and survival techniques.

**Keyword: Swim**

July 19-Aug. 4 NE City, SAC	T, Th Ward	11-11:45 a.m. AREA-8522-NCUA	\$49
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### 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**

July 11-Aug. 8 NE City, AWC, Group X	M Owen	9:45-10:30 a.m. AREA-8415-NCUA	\$29
Aug. 15-Sept. 14 NE City, AWC, Group X	M Owen	9:45-10:30 a.m. AREA-8415-NCUB	\$29

### Water Aerobics

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

Swimsuits are required, and water shoes are recommended.

**Keyword: Water**

July 11-Aug. 10 NE City, AWC, Pool	M, W Madden	8:30-9:30 a.m. AREA-8717-NCUA	\$59
Aug. 15-Sept. 14 NE City, AWC, Pool	M, W Madden	8:30-9:30 a.m. AREA-8717-NCUB	\$59



[www.ed2go.com/scrne](http://www.ed2go.com/scrne)

### BROWSE COURSES IN

- Accounting and Finance
- Business
- College Readiness
- Computer Applications
- Design and Composition
- Health Care and Medical

- Language and Arts
- Law and Legal
- Personal Development
- Teaching and Education
- Technology
- Writing and Publishing

### Location Key

NE City, AWC.....Ambassador Wellness Center, 1240 N. 19th  
NE City, SAC.....Steinhart Aquatic Center, 121 S. Steinhart Park Road

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or [cmeyer@southeast.edu](mailto:cmeyer@southeast.edu)

Check out all classes offered at [www.southeast.edu/NebraskaCityLC](http://www.southeast.edu/NebraskaCityLC)  
Find us on Facebook at [www.facebook.com/SCCLearningCenteratNebraskaCity](http://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](http://www.southeast.edu/collegecatalog) for additional information.

Today's Date

PLEASE PRINT

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"/> 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. 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.

# 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.



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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)

\* 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.