

Sport, Recreation & Fitness

Summer 2022

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



Defensive Bridge Strategies

Playing bridge is a combination of skill, luck and communication. As defenders, you and your partner must give each other as much information as possible to defeat the contract. Topics include opening leads, second and third hand play, attitude and suit preference signals, and general defensive tips.

This class is designed for any bridge player who has completed a minimum of beginning bridge.

Keyword: Defensive

Aug. 1-17 Lincoln, CEC, 414	M, W Kepler	6-8 p.m. LLLX-0435-CEUA	\$79
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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

July 12-Aug. 2 Lincoln, MGC	T Miller	6-7:15 p.m. LLLX-1702-OCUC	\$89
July 13-Aug. 3 Lincoln, MGC	W Miller	6-7:15 p.m. LLLX-1702-OCUD	\$89

First-Rate Bridge Conventions & Competitive Bidding

It is so much fun to have extra tools in your bridge playing tool bag. This is an ideal class for a more experienced player who is looking for some additional bells and whistles to use at the bridge table. Topics include: Jacoby 2 NT, Splinter Bids, Overcalls, Take-out Doubles, Negative Doubles, Help Suit Game Try, and Strong Opening and Responding Bids.

Class is designed for any bridge player who has completed Two-Steps Beyond Beginning Bridge or equivalent.

Keyword: Bridge

July 12-28 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-0436-CEUA	\$79
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Mah-Jongg Strategies

So you know the basics of Mah-Jongg, but are looking for some good playing strategies. Join us for this Mah-Jongg class which includes both strategies and play. Strategies will focus on: power tiles, what to keep and what to pass during the Charleston, what to discard, identifying "safe tiles" and "hot tiles," reading exposures, changing your hand and which hand to choose.

Please note that this is not a "how to play" Mah-Jongg class. You should already know the basics and are looking for strategies to help improve your play.

Keyword: Mah-Jongg

July 13-15 Lincoln, CEC, 414	M, W Kepler	6-8 p.m. LLLX-0958-CEUA	\$39
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Location Key

Lincoln, BOLKBranched Oak Lake
Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, MGCMahoney Golf Course, 7900 Adams St.

For more information, contact us at
800-828-0072 or 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

July 12-Aug. 30 Lincoln, CEC, 111	T Hug-Novak	6-7 p.m. LLLX-1701-CEUA	\$69
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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

July 19-Sept. 20 Lincoln, PBAC	T Prairie Bowman	6-7 p.m. LLLX-0584-OCUA	\$50
July 19-Sept. 20 Lincoln, PBAC	T Prairie Bowman	7:30-8:30 p.m. LLLX-0584-OCUB	\$50

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

July 12-Aug. 30 Lincoln, CEC, 111	T Hug-Novak	7-8 p.m. LLLX-1712-CEUA	\$69
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Qigong

Qigong is an ancient practice that helps to improve strength, balance and flexibility. Step on the path of self-healing with Qigong. Gentle and slow movements using both chair and standing positions. All ability levels welcome.

Wear comfortable clothing.

Keyword: Qigong

July 13-Aug. 31 Lincoln, CEC, 111	W Foreman	6-7 p.m. LLLX-1720-CEUA	\$69
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Location Key

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

Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook® at 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.



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"/> 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 * 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.