

# Sport, Recreation & Fitness

Fall 2022



## It's Time for Football

Nebraska means football . . . whether you are cheering on our Cornhuskers or your favorite high school team, gain insight from Coach Darlington. Review game tapes, analyze plays and talk football! Be ready when your favorite team hits the field! You will be able to cheer them on with new appreciation and knowledge.

**Keyword: Football**

Sept. 22-Nov. 3	Th	6:30-8:30 p.m.	\$69
Lincoln, CEC, 303	Darlington	LLLX-0185-CEFA	

## 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**

Oct. 3-Nov. 21	M	6-7 p.m.	\$69
Lincoln, CEC, 304	Rybij	LLLX-1712-CEFA	

## Qigong

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

Wear comfortable clothing.

**Keyword: Qigong**

Sept. 28-Nov. 16	W	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304	Foreman	LLLX-1720-CEFA	

### Location Key

Lincoln, CEC ..... Jack J. Huck Continuing Education Center,  
301 S. 68th St. Place

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**

Oct. 4-Nov. 22	T	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304		LLLX-1701-CEFA	



## 6th Annual Jigsaw Puzzle Derby

Grab your friends, neighbors and family for a fun day of puzzling and friendly competition! The Puzzle Derby is our sixth jigsaw puzzle race. Register as a four-person team, two-person team or individual (must be 16 years or older to participate). The first team in each division to complete their puzzle will get "bragging rights."

Each team category will compete using identical puzzles provided by SCC. All details of the Puzzle Derby (rules, registration forms, deadlines, and more) are available online at <https://bit.ly/2023sccpuzzletournament>. You also can stop by the Continuing Education Office at 301 S. 68th St. Place, Lincoln, and pick up a set. Check-in begins at 12:30 p.m. Registration deadline is Jan. 24 or until the room is full (whichever comes first).

### Four-Person Team: 1,000-Piece

Feb. 4	S	12:15-5 p.m.	\$59/team
Lincoln, CEC, 302			

### Four-Person Team: 750-Piece

Feb. 4	S	12:15-5 p.m.	\$49/team
Lincoln, CEC, 302			

### Two-Person Team: 500-Piece

Feb. 4	S	12:15-5 p.m.	\$29/team
Lincoln, CEC, 302			

### Individual: 400-Piece

Feb. 4	S	12:15-5 p.m.	\$19/person
Lincoln, CEC, 302			

## 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**

Oct. 18-Dec. 20 Lincoln, PBAC	T Prairie Bowman	6-7 p.m. LLLX-0584-OCFA	\$50
Oct. 18-Dec. 20 Lincoln, PBAC	T Prairie Bowman	7:30-8:30 p.m. LLLX-0584-OCFB	\$50

## Swordplay

Learn to swing a sword like a 14th Century knight! The Introduction to Medieval Longsword Class instructs students in the history, use and fun of the art of the Italian longsword. The class covers basic guards, strikes and tactical concepts straight from the pages of a 607-year-old fighting manual written by one of the highest regarded professional soldiers of his time.

Loaner equipment is available, and you only need an open mind, smooth-soled shoes, comfortable athletic clothing, and some water. NOTE: You will be using synthetic longsword trainers and fencing mask. You must be at least 18 years of age to participate in this class.

**Keyword: Swordplay**

Sept. 22-Dec. 15 Lincoln, WLRD	Th Loder	6:30-8 p.m. No class Nov. 24	\$79 LLLX-0585-OCFA
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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.

## Beginning Bridge

Are you interested in learning one of the greatest card games of all time? Or have you played a little bridge but feel you need a good tune-up to the game? Register now! Come as a single or register with a friend.

**Keyword: Bridge**

Nov. 1-17 Lincoln, CEC, 414	T, Th Bavitz	6-8 p.m. LLLX-1392-CEFA	\$69
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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.



**Keyword: Fit**

Oct. 5-Nov. 9 LIVE Online, Zoom	W Meyer	5:30-6:15 p.m. AREA-8593-TCFFA	\$29
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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.  
Lincoln, WLRD .....Willard Community Center, 1245 S. Folsom St.

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

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