

Sport, Recreation & Fitness

Winter 2023

Beginning Pickleball 101

Learn about the trending sport of pickleball! Pickleball is enjoyed by all ages, is easy to learn and no experience is necessary. It is a combination of badminton, ping pong and tennis. There will be instruction, basic strategy and skills taught in addition to playing time.

Paddle included. Tennis shoes are required. Wear comfortable clothes.



Keyword: Pickleball

Jan. 9-30	M	5:30-7 p.m.	\$49
Lincoln, SPUM, Gym	Borchers/Cech	LLLX-1679-OCSA	
Feb. 6-27	M	5:30-7 p.m.	\$49
Lincoln, SPUM, Gym	Borchers/Cech	LLLX-1679-OCSB	

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

Jan. 23-Feb. 27	M	6-7 p.m.	\$69
Lincoln, CEC, 304	Rybij	LLLX-1712-CESA	

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

Jan. 10-March 14	T	6-7 p.m.	\$50
Lincoln, PBAC	Prairie Bowman	LLLX-0584-OCSA	
Jan. 10-March 14	T	7:30-8:30 p.m.	\$50
Lincoln, PBAC	Prairie Bowman	LLLX-0584-OCSB	

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

Jan. 12-March 30	Th	6:30-8 p.m.	\$79
Lincoln, WLRD	Loder	LLLX-0585-OCSA	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, PBACPrairie Bowman Club, 1432 N. Cotner Ave.
Lincoln, SPUMSt. Paul United Methodist Church, 1144 M St.
Lincoln, WLRDWillard Community Center, 1245 S. Folsom St.

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

Jan. 24-March 14	T	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304	Pleskac	LLLX-1701-CESA	

Women's Self Defense

This class will discuss situational awareness, how to be a tough target, assessing the level of threat, and knowing you are worth fighting for. You will learn four kicks and four hand techniques which you will practice on a padded target. We also will cover pressure points and breakaways.

This class is geared toward women, but anyone interested can enroll.

Keyword: Defense

Jan. 31	T	6-8 p.m.	\$29
Lincoln, CEC, 302	Karas	LLLX-0302-CESA	

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

Feb. 7-23	T, Th	6-8 p.m.	\$69
Lincoln, CEC, 414	Bavitz	LLLX-1392-CESA	

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			

DANCE

Please register each student for couples' classes. Please note that any refunds for a dropped couple's class will be issued to each student equally.

Latin Medley

Discover the world of Latin dance. You will be introduced to the Cha-Cha, Rumba and Merengue. These dances can be adapted to any pop song. Learn how to hear the beat to decide which dance best suits the song being played.

Your dance guides from Vintage Ballroom dance in competitions around the Midwest. Wear hard sole shoes (no flip flops or loose shoes). Complete a registration for each partner.

Jan. 27-March 3 Lincoln, CEC, 304	F	7:30-8:30 p.m. LLLX-1548-CESA	Keyword: Latin \$89/couple
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Line Dance

It's not a party until everyone is line dancing! It's a fun way to dance socially without a partner, too.

Wear hard sole shoes. No flip flops or loose shoes.

Jan. 27-March 3 Lincoln, CEC, 304	F	6:30-7:30 p.m. LLLX-1527-CESA	Keyword: Dance \$45
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Belly Dance

Shake and shimmy while having fun, improving core strength and increasing muscle tone. We will cover basic belly dance movements in a safe and comfortable environment.

Wear comfortable clothing in which you can move.

Jan. 12-Feb 16 Lincoln, CEC, 304	Th Gregg	6:30-7:30 p.m. LLLX-0360-CESA	Keyword: Dance \$49
Feb. 23-March 30 Lincoln, CEC, 304	Th Gregg	6:30-7:30 p.m. LLLX-0360-CESB	\$49

Continuing Belly Dance

If you know the basics of belly dance, take your dance to the next level and learn how to shimmy while walking or undulations while moving across the dance floor. Learn new combinations of the basic moves. Add a veil or prop such as cane or zills (finder cymbals) to your dance. This course is a continuation of the Belly Dance class or for anyone with some belly dance experience.

Wear comfortable clothing in which you can move.

Jan. 12-Feb. 16 Lincoln, CEC, 304	Th Gregg	7:30-8:30 p.m. LLLX-1509-CESA	Keyword: Dance \$49
Feb. 23-March 30 Lincoln, CEC, 304	Th Gregg	7:30-8:30 p.m. LLLX-1509-CESB	\$49

Location Key

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

For more information, contact us at 800-828-0072 or continuing@southeast.edu

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

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 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 *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
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.