

Sport, Recreation & Fitness

Spring 2023



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. Minimum age is 12 with adult enrolled.

Keyword: Sailing

June 10 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUA	\$59
June 24 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUB	\$59
July 8 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUC	\$59
July 22 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUD	\$59
July 29 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUE	\$59
Aug. 5 Lincoln, BOLK	S Brown	9:30 a.m.-12:30 p.m. LLLX-0390-OCUF	\$59

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 25-May 16 Lincoln, MGC	T Miller	6-7:15 p.m. LLLX-1702-OCSA	\$89
April 26-May 17 Lincoln, MGC	W Miller	6-7:15 p.m. LLLX-1702-OCSB	\$89
June 6-27 Lincoln, MGC	T Miller	6-7:15 p.m. LLLX-1702-OCUA	\$89
June 7-28 Lincoln, MGC	W Miller	6-7:15 p.m. LLLX-1702-OCUB	\$89

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 have a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes.

Keyword: Chi

April 3-May 22 Lincoln, CEC, 304	M Rybij	6-7 p.m. LLLX-1712-CESB	\$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

April 11-June 13 Lincoln, PBAC	T Prairie Bowman	6-7 p.m. LLLX-0584-OCSC	\$50
April 11-June 13 Lincoln, PBAC	T Prairie Bowman	7:30-8:30 p.m. LLLX-0584-OCSD	\$50

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.

The recommended book "*Bridge at a Glance, Extended Version*" by Audrey Grant is available through Amazon at <https://a.co/d/cKrmwhb>.

Keyword: Bridge

May 2-18 Lincoln, CEC, 414	T, Th Bavitz	6-8 p.m. LLLX-1392-CESB	\$69
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NEW! Good Sound Fundamentals of Bidding & Responding

This is an ideal class for any bridge player who has completed Beginning Bridge or someone who has played bridge for a while and is looking for guidelines on how to better communicate with your partner through bidding and responding. Topics include No Trump opening bids and responding to NT opening bids, along with response bids using Stayman and Jacoby Transfers. In addition the class also will focus on guidelines on bidding and responding to opening bids in major and minor suits.

Keyword: Bidding

April 11-27 Lincoln, CEC, 414	T, Th Kepler	9:30-11:30 a.m. LLLX-0437-CESA	\$79
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Location Key

Lincoln, BOLK.....Branched Oak Lake
Lincoln, CEC.....Jack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, MGC.....Mahoney Golf Course, 7900 Adams St.
Lincoln, PBAC.....Prairie Bowman Club, 1432 N. Cotner Ave.

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

April 4-May 23	T	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304	Pleskac	LLLX-1701-CESB	

Keyword: Yoga

If Sherlock Holmes Played Bridge

Join Sherlock and Dr. Watson at the bridge table because, as you know, good bridge players are also good detectives, so 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.

May 2-18	T, Th	3-5 p.m.	\$79
Lincoln, CEC, 414	Kepler	LLLX-1714-CESA	

Keyword: Bridge



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.

May 9-18	T, Th	9:30-11:30 a.m.	\$49
Lincoln, CEC, 414	Kepler	LLLX-0431-CESA	

Keyword: Mah-Jongg

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.

Aug. 15-17	T, Th	3-5 p.m.	\$29
Lincoln, CEC, 414	Kepler	LLLX-0958-CEUA	

Keyword: Mah-Jongg

Guide by the Side Bridge

Have you ever been sitting at the bridge table looking at your hand thinking, "What in the world do I do with this hand?" That is a situation that happens to all bridge players. The intent of this class is to offer bridge players a bidding and playing tip at the beginning of each class and then play random hands.

You will have a bridge mentor walking around the classroom to offer guidance and to answer questions. This class is designed for players who have mastered bridge fundamentals.

Aug. 8-24	T, Th	9:30-11:30 a.m.	\$79
Lincoln, CEC, 414	Kepler	LLLX-0434-CEUA	

Keyword: Bridge

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

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

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 if attending in person.

Keyword: Fit

April 3-May 8	M	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Meyer	AREA-8593-TCSFA	

NEW! Let's Do Lunch: Backyard Bird Feeding

It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your yard.



Keyword: Bird

April 4	T	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCSFH	



NEW! Let's Do Lunch: Bird Watching for Beginners

Looking for a fun hobby you can do anywhere, anytime and without spending much money? You can't go wrong with birding (or bird watching). Discover equipment needed and locations and tips to watching your favorite birds.



Keyword: Bird

April 25	T	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCSFI	



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.



ed2go.com/scnc

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

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.



Ballroom Dance

Fun for you and your partner as you discover the waltz, fox trot, swing and polka in a relaxed, informal atmosphere.

Class is held in partnership with Pla Mor Ballroom. Complete a registration for each partner.

Keyword: Dance

April 5-May 10	W	7-8 p.m.	\$89/couple
Lincoln, PLA		LLLX-1549-OCSA	

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.

Keyword: Dance

April 6-May 11	Th	6:30-7:30 p.m.	\$49
Lincoln, CEC, 304	Gregg	LLLX-0360-CESC	
May 18-June 22	Th	6:30-7:30 p.m.	\$49
Lincoln, CEC, 304	Gregg	LLLX-0360-CESD	

Belly Dance Level 2

Prerequisite: Belly Dance Level 1 (LLLX-0360)

We will build on the foundations from the beginning class. This is excellent exercise as you refine your current skills to take your belly dance to the next level.

Keyword: Dance

April 6-May 11	Th	7:30-8:30 p.m.	\$49
Lincoln, CEC, 304	Gregg	LLLX-0365-CESA	
May 18-June 22	Th	7:30-8:30 p.m.	\$49
Lincoln, CEC, 304	Gregg	LLLX-0365-CESB	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, PLA Pla Mor Ballroom, 6600 W. O St.

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/SCCNet

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 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"/> 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.