

Sports, Recreation & Fitness

Spring 2023



HIKING, SURVIVAL & BACKPACKING

Note: Park permit is required for those driving into the parks.

NEW! Basic Hiking

Explore the types of gear and apparel to take on your future hiking excursions. Learn the importance of a proper hiking survival kit, which includes waterproof matches, paracord, a whistle, etc.

Enjoy an actual hike at Waubonsie State Park for the session on April 25.

Keyword: Hiking

April 18-25	T, Th	6:30-8:30 p.m.	\$25
NE City, NCLC, 103	Coates	AREA-8596-NCSA	

NEW! Basic Survival

Gain survival tactics and tips that include shelter building, fire making and rescue signaling.

You will learn to build your own shelter and practice flint fire making, at Waubonsie State Park during your session on May 4.

Keyword: Survival

April 27-May 4	T, Th	6:30-8:30 p.m.	\$25
NE City, NCLC, 103	Coates	AREA-8597-NCSA	

NEW! Basic Backpacking

Getting ready for your trip can be fun, but you will want to make sure that you have all the essential items to make your hike safe and comfortable. Proper preparation will focus on correct gear purchasing and packing, park permits and maps.

Backpack overnight at Indian Caves State Park on Saturday, May 20, as your last class session. Class is held on May 9, 11, and 20.

Keyword: Backpacking

See Desc.	T, Th, S	6:30-8:30 p.m.	\$25
NE City, NCLC, 103	Coates	AREA-8598-NCSA	

Take All 3 & Save \$15!

Keyword: Hiking

See listings above for specifics.		\$60	AREA-8599-NCSA
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Kayak Fishing

Enjoy the up-close and extreme experience of kayak fishing. Receive 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 (6 miles north of Auburn).

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

Keyword: Fishing

May 1-15	M	5:30-8:30 p.m.	\$85
Auburn, DCL	Hughes	AREA-8699-NCSA	

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

April 24-May 24	M, W	9:45-10:30 a.m.	\$49
NE City, AWC, Group X	Owen	AREA-8656-NCSA	

June 5-July 5	M, W	9:45-10:30 a.m.	\$49
NE City, AWC, Group X	Owen	AREA-8656-NCUA	

Cardio Circuit

Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up!

Keyword: Cardio

April 10-May 1	M, W, F	9:45-10:30 a.m.	\$59
NE City, AWC, Group X	DeBuhr	AREA-8726-NCSA	

May 8-29	M, W, F	9:45-10:30 a.m.	\$59
NE City, AWC, Group X	DeBuhr	AREA-8726-NCSB	

Spinning/Indoor Cycling

This is a fast-paced high-intensity calorie-burning workout. Build endurance and strength.

Bring a water bottle and appropriate attire. Equipment provided.

Keyword: Cycling

April 18-June 13	T	12:10-12:50 p.m.	\$39
NE City, AWC, Group X	Barr	AREA-8592-NCSA	

Rip (formerly BodyPump)

Rip training utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance, and coordination challenges.

Keyword: Rip

April 19-June 21	W	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Stukenholtz	AREA-8727-NCSA	

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.....	G & G Wellness Center, 1240 N. 19th
NE City, NCLC.....	Learning Center at Nebraska City, 1406 Central Ave.

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Barre Workout

Barre is a form of exercise in which classical ballet movements and positions are combined with those from yoga and Pilates. Barre classes focus on small, pulsing movements with emphasis on form, alignment and core engagement.

Wear comfortable clothing suitable for working out.

Keyword: Barre

April 17-May 18 NE City, AWC, Group X	M, Th Rayhel	5:30-6:30 p.m. AREA-8729-NCSA	\$59
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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, while water shoes are recommended.

Keyword: Water

May 1-31 NE City, AWC, Pool	M, W Schnitzer	4:45-5:45 p.m. AREA-8717-NCSA	\$59
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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 if attending in person.

Keyword: Fit

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

How would you like to get fit and dance a bit? Line dances are a great way to start your dancing adventure. They're fun to learn and easy to remember. Any level of skill, from novice to experienced, will enjoy this class. You will learn at least one new line dance each session with time for review and practice. Register early!

Keyword: Dance

May 1-22 NE City, NSES, Commons	M Monk	7-9 p.m. AREA-4970-NCSA	\$45/person
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Location Key

NE City, AWCG & G Wellness Center, 1240 N. 19th
NE City, NSES.....Northside Elementary School, 1200 14th Ave.



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.

Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available.

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

April 20-May 18 NE City, AWC, Group X	Th Barr	Noon-1 p.m. AREA-8419-NCSA	\$35
May 25-June 22 NE City, AWC, Group X	Th Barr	Noon-1 p.m. AREA-8419-NCUA	\$35

Chair Yoga

Modified yoga poses seated in a chair.

Keyword: Yoga

April 18-May 16 NE City, AWC, Group X	T Carlson	9:45-10:30 a.m. AREA-8418-NCSA	\$35
May 23-June 20 NE City, AWC, Group X	T Carlson	9:45-10:30 a.m. AREA-8418-NCUA	\$35



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 LIVE Online, Zoom	T Andrew	Noon-1 p.m. AREA-6665-TCSFH	\$10
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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 LIVE Online, Zoom	T Andrew	Noon-1 p.m. AREA-6665-TCSFI	\$10
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For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Check out all classes offered at southeast.edu/NebraskaCityLC
Find us on Facebook at 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.



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.