

Sport, Recreation & Fitness

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



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 18-Sept. 19	T	6-7 p.m.	\$50
Lincoln, PBAC	Prairie Bowman	LLLX-0584-OCUA	
July 18-Sept. 19	T	7:30-8:30 p.m.	\$50
Lincoln, PBAC	Prairie Bowman	LLLX-0584-OCUB	

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

July 20-Oct. 5	Th	6:30-8 p.m.	\$79
Lincoln, WLRD	Loder	LLLX-0585-OCUA	



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 11-Aug. 1	T	6-7:15 p.m.	\$89
Lincoln, MGC	Miller	LLLX-1702-OCUC	
July 12-Aug. 2	W	6-7:15 p.m.	\$89
Lincoln, MGC	Miller	LLLX-1702-OCUD	
Aug. 8-29	T	6-7:15 p.m.	\$89
Lincoln, MGC	Miller	LLLX-1702-OCFA	
Aug. 9-30	W	6-7:15 p.m.	\$89
Lincoln, MGC	Miller	LLLX-1702-OCFB	

Location Key

Lincoln, BOLKBranched Oak Lake
Lincoln, MGCMahoney Golf Course, 7900 Adams St.
Lincoln, PBACPrairie Bowman Club, 1432 N. Cotner Ave.
Lincoln, WLRDWillard Community Center, 1245 S. Folsom St.

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



NEW! Fundamentals of Competitive Video Games: Adults

Discover the world of esports video gaming. This class is designed for "NEW" adult gamers interested in competitive esports.

This is the same format as the clinic for youth, however, you will be able to play mature-rated games. Register for the platform you would like to use.

Keyword: Games

Nintendo				
July 14	F	5:30-9:30 p.m.		\$59
Lincoln, LNK, B-16	Cummins	LLLX-2017-LNUA		
Xbox				
July 14	F	5:30-9:30 p.m.		\$59
Lincoln, LNK, B-16	Cummins	LLLX-2017-LNUB		
Playstation				
July 14	F	5:30-9:30 p.m.		\$59
Lincoln, LNK, B-16	Cummins	LLLX-2017-LNUC		
PC				
July 14	F	5:30-9:30 p.m.		\$59
Lincoln, LNK, B-16	Cummins	LLLX-2017-LNUD		

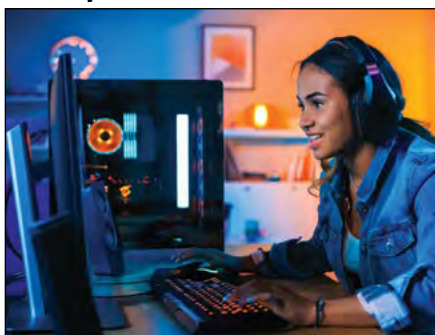
NEW! Fundamentals of Competitive Video Games: Youth

Ages 10+ for NEW gamers
Let us introduce your child to the most popular video games and platforms available for competitive video gaming. This clinic is designed for "NEW" gamers who are interested in competitive esports.

Your child will be in a safe, controlled environment with the coach of esports at SCC and will be playing

with members of the SCC esports team in the room, learning the fundamentals. Space is limited, so don't wait to register.

Register for the platform in which your child would like to play. Bring a brown bag lunch.



Keyword: Games

Nintendo				
July 15	S	10 a.m.-4 p.m.		\$59
Lincoln, LNK, B-16	Cummins	LLLX-2016-LNUA		
Xbox				
July 15	S	10 a.m.-4 p.m.		\$59
Lincoln, LNK, B-16	Cummins	LLLX-2016-LNUB		
Playstation				
July 15	S	10 a.m.-4 p.m.		\$59
Lincoln, LNK, B-16	Cummins	LLLX-2016-LNUC		
PC				
July 15	S	10 a.m.-4 p.m.		\$59
Lincoln, LNK, B-16	Cummins	LLLX-2016-LNUD		

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, LNK.....Southeast Community College, Lincoln Campus,
8800 O St.

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

NEW! Play of the Hand: Part II

Once a team has arrived at a final contract, some people sigh with relief thinking, "I am so glad I am not playing this hand." If this thought has crossed your mind, come join us for some great tips on how to play a No Trump hand as well as a suit contract. This class varies from Play of the Hand: Part I, which is not a prerequisite for this class. Playing tips include counting and establishing winners, counting and disposing of losers, specific strategies on promotion through length and the value of a five-card side suit, a variety of finessing techniques, ruffing and cross-ruffing, creating an end play, and nifty deception and psychological plays.

Keyword: Hand

June 13-29	T, Th	6-8 p.m.
Lincoln, CEC, 414	Kepler	LLLX-0952-CEUA

\$79

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.

Keyword: Bridge

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

\$79

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

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

\$29

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

Aug. 2	W	Noon-1 p.m.
LIVE Online, Zoom	Andrew	AREA-6665-TCUFE

\$10



ed2go.com/scce

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



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.



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

Aug. 16
LIVE Online, Zoom

W
Andrew

Noon-1 p.m.
AREA-6665-TCUFF

\$10

Location Key

Lincoln, PLA Pla Mor Ballroom, 6600 W. O St.

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.

Wear hard sole shoes. No flip flops or loose shoes. Class is held in partnership with Pla Mor Ballroom. Complete a registration for each partner.

Keyword: Dance

July 12-Aug. 16
Lincoln, PLA

W

6:45-7:45 p.m.
LLLX-1549-OCUA

\$89/couple

Line Dance

It's not a party until everyone is line dancing! Easy to learn, you don't need a partner and great fun.

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

Keyword: Dance

July 12-Aug. 16
Lincoln, PLA

W

7:45-8:45 p.m.
LLLX-1527-OCUA

\$45/person



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.

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.



PLEASE PRINT

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.

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.*