

Sports, Recreation & Fitness

Summer 2023



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

Aug. 28-Sept. 11	M	5:30 p.m.-Sunset	\$85
Peru, DCL	Hughes	AREA-8699-NCFA	



Develop Your Golf Game

This class will teach you basic golf instruction on grip, alignment, ball position, proper swing mechanics, and etiquette/rules which are all important aspects of the game. Learn tips on driving, proper club/iron selection and the short game (putting, chipping and pitching).

Bring your own clubs if you have them. PGA Golf Pro Steve Diehm will lead this class.

Keyword: Golf

Aug. 30-Sept. 20	W	9-11 a.m.	\$99
NE City, TCGC, Club House	Diehm	AREA-8655-NCFA	

Location Key

NE City, AWCG & G Wellness Center, 1240 N. 19th
NE City, NCLC..... Learning Center at Nebraska City, 1406 Central Ave.
NE City, SPTC Steinhart Park, 121 N. Steinhart Park Road
NE City, TCGC Table Creek Golf Course, 5633 I Road
Peru, DCL.....Duck Creek Lake, 736 Road
(6 miles north of Auburn, 2 miles east of Hwy 75 on 736 Road)

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

July 10-Aug. 7	M	6:45-7:45 p.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8419-NCUB	
July 12-Aug. 9	W	6:45-7:45 p.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8419-NCUC	
July 14-Aug. 11	F	Noon-1 p.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8419-NCUD	

Chair Yoga

Modified yoga poses seated in a chair.

Keyword: Yoga

July 11-Aug. 10	T, Th	9:45-10:30 a.m.	\$59
NE City, AWC, Group X	Carlson	AREA-8418-NCUB	

Beginning Pickleball 101

Pickleball is rapidly increasing in popularity and is a fun sport that combines elements of badminton, tennis and ping pong. It is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players.

It's played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net, with a paddle (similar to ping pong) and a plastic ball with holes (similar to whiffle ball), and as doubles or singles.

Keyword: Pickleball

Sept. 10-Oct. 1	U	2-4 p.m.	\$49
NE City, SPTC, Courts	Meyer	AREA-8587-PLFA	

Learn to Play Pinochle

Pinochle is a classic card game which can be played with a single deck or double deck. It has fun terminology: meld, marriages, runs, hundred aces, and pinochle. What do they all mean? Pinochle is hard to spell but soon this will become your family's "go to" game!!!

Keyword: Pinochle

Aug. 8-29	T	5:30-7:30 p.m.	\$49
NE City, NCLC, 103	Meyer	AREA-8649-PLUA	

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

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

July 10-Aug. 9	M, W	9:45-10:30 a.m.	\$49
NE City, AWC, Group X	Rayhel	AREA-8656-NCUB	

Morning Mix-Up

Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, yoga, suspension training, and more.

Wear comfortable clothing suitable for working out.

Keyword: Morning

July 10-31	M, W, F	5:30-6:30 a.m.	\$59
NE City, AWC, Group X	DeFreece/Bennett	AREA-8722-NCUA	

Cardio Circuit

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

Keyword: Cardio

July 10-31	M, W, F	9:45-10:30 a.m.	\$59
NE City, AWC, Group X	Shady	AREA-8726-NCUA	

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

July 11-Aug. 17	T, Th	5:30-6 p.m.	\$39
NE City, AWC, BSMT	Smallfoot/Ritchheart	AREA-8592-NCUA	

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

July 10-Aug. 9	M, W	8:30-9:30 a.m.	\$59
NE City, AWC, Pool	Madden	AREA-8717-NCUA	

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

Aug. 7-28	M	7-9 p.m.	\$45/person
NE City, NSES, Commons	Monk	AREA-4970-NCUA	

Location Key

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



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	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCUFF	

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.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCUFE	



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



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.

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.

1. Go to <http://bit.ly/RegisterCE>
2. **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*
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.

* 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.

301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
southeast.edu/continuing



Southeast Community College
CONTINUING EDUCATION