Please note that any refunds for a dropped couples class will be issued to each student equally.

**Variety of Couples Dances**
Discover a variety of dances (Polka, Cotton Eye Joe, Mid-night Waltz) to get you ready for dancing at the local ballrooms.

**Country Swing**
Flashy dance with lots of turns and no footwork.

**Two Step & Waltz**
These dances are used and liked no matter what type of music you enjoy. You’ll be introduced to the Country and Ballroom Two-Step and Waltz.

**Jitterbug & East Coast Swing**
Learn leading and hand positions, the six-count basic swing, arch, tuck and loop turns, free spins, arm slides, waist wraps, and the jitterbug. Dance to Country Music and Big Band.

**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!

**Irish Step Dance**
Irish Step Dancing is the solo dance style for those age 7 and older who can move freely and want to learn a new way to move to music. You will learn the basics of beginning step dance and then easy reel and jig step combinations. This is a great way to exercise in a friendly environment.

**Irish Social Dance**
Prerequisite: 12 years and older or instructor permission
Irish Social Dance is done in groups for those who can move freely and want to learn a new way to move to music. This style of dance is the inspiration for square dancing but not done as “couples” so individuals can easily participate. This is a great way to exercise in a learner-friendly environment.

**Beginning Tap Dance for Adults**
Designed for the adult beginner, learn basic steps and short combinations in this fun class.
Shoes will be discussed at first class.

**Beginning Ballet for Adults**
Did you want to take ballet when you were little? It’s not too late! Come explore the world of classical ballet.
Wear comfortable clothes. Shoes will be discussed at the first class.

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For more information, contact us at 800-828-0072 or continuinged@southeast.edu
Hula in a Coola Day
Perception is a state of mind, and on this day no matter where your body is physically is, your mind is telling you, you’re in the nice warm of Hawaii. Come and lean to HULA! No grass skirt needed, just come and have fun!

Belly Dance for Beginners
Learn to shake and shimmy while having fun, improving core strength and increasing muscle tone. This class will cover basic belly dance movements in a safe and comfortable environment.

Wear comfortable clothing you can move in.

Location Key
Lincoln, CEC: 304

<table>
<thead>
<tr>
<th>April 14</th>
<th>6:30-8:30 p.m.</th>
<th>$20</th>
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<tbody>
<tr>
<td>Lincoln, CEC, 304</td>
<td>Gregg</td>
<td>LLLX-1536-CESA</td>
</tr>
</tbody>
</table>

Belly Dance for Beginners
Learn to shake and shimmy while having fun, improving core strength and increasing muscle tone. This class will cover basic belly dance movements in a safe and comfortable environment.

Wear comfortable clothing you can move in.

<table>
<thead>
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<th>April 21-May 26</th>
<th>6:30-7:30 p.m.</th>
<th>$59</th>
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<tr>
<td>Lincoln, CEC, 302</td>
<td>Gregg</td>
<td>LLLX-0360-CESA</td>
</tr>
</tbody>
</table>

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

Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook at www.facebook.com/SCCNebCE
You must have an email account to register online.


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. You also will receive an email with this same information 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.