**NEW! Everyday Bike Maintenance**

Build your confidence on performing simple maintenance items on your bike. Bike anatomy, fit, ABC quick check, fix a flat, and simple brake and shifting adjustments will be covered. Ride through this class learning both about simple repairs and talking to a bike mechanic for the more complex repairs.

You may bring your bike or come and watch.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
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<td>9-11 a.m.</td>
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<td>9:30-11:30 a.m.</td>
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**Sailing**

Sailing is both a fun recreation and a serious sport. Regardless of the many differences in size and types, all sailboats work the same way to harness the wind for propulsion. Learn 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. Class includes hands-on basic sail techniques, steering and tuning the sails, point of sail, safety and general sailboat terms.

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 (sneakers or athletic shoes are fine.) A day entry park permit will be required. If weather is questionable, call 402-314-8026 for class status.

**Introduction to Sailing**

<table>
<thead>
<tr>
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**Golf for You!**

Golfers of all skill levels welcome. If you need a little tune-up on your game or are brand new to the game, this is a great class for you. We will cover everything from putting and chipping all the way to full swing.

Personal golf clubs are not needed to participate; however, if you have your own set, please bring them. If weather is questionable, call the golf pro shop at the course where your lessons are being held.

**Treasure Hunting 101**

Discovering lost and hidden treasures probably appeals to the adventurer in you, but you don’t have to fly off to distant countries. In fact you don’t have to leave the midwest or even your home town. Treasure Hunter Nathan Schwenke will lead this interesting and fun class as you discover how to determine locations to hunt, types of treasures and how to care for them, types of equipment used to hunt treasure, and what to do with your found treasures. This class will fill quickly, so don’t wait to sign up!

**One Step Beyond Beginning Bridge**

Do you know the fundamentals of bridge? Are you looking for a class to help further your bridge knowledge? This may be the one for you. Throughout this session we will discuss opening and responding bids, initial strategies for playing the hand, finessing, opening leads and a review of scoring.

This class will move to Zoom if Directed Health Measures warrant it.

**Two Steps Beyond Beginning Bridge**

This is an ideal class for bridge players who want to move beyond the basics. Topics will include No Trump openings and responsive bids of Stayman and Jacoby Transfers, opening leads, weak two opening bids along with other preemptive bids and responses, opening and responding to strong opening bids, and slam bidding. This class will move to Zoom if Directed Health Measures warrant.

**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, OUAC.............................................University of Nebraska–Lincoln, Outdoor Adventures Center, 930 N. 14th St.
Defensive Bridge Strategies
Playing bridge is a combination of skill, luck and communication. As defenders, you and your partner must give each other as much information as possible to defeat the contract. This class is designed for any bridge player who has completed a minimum of beginning bridge. Topics include opening leads, second and third hand play, attitude and suit preference signals, and general defensive tips.
This class will move to Zoom if Directed Health Measures warrant it.

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 bridge fundamentals.

First-Rate Bridge Conventions & Competitive Bidding
It is so much fun to have extra tools in your bridge playing tool bag. This is an ideal class for a more experienced player who is looking for some additional bells and whistles to use at the bridge table. Topics include: Jacoby 2 NT, Splinter Bids, Overcalls, Take-out Doubles, Negative Doubles, Help Suit Game Try, and Strong Opening and Responding Bids.
Class is designed for any bridge player who has completed Two-Steps Beyond Beginning Bridge or equivalent.

Play of the Hand
Prerequisite: Completion of One Step Beyond Beginning Bridge or equivalent
You and your partner have gotten the bid! Hooray! The opening lead is made, the Board goes down on the table, and you get to play the hand! Now What? This class is full of tips and strategies on how to play a hand in both No Trump and Suit Contracts. You will learn how to count winners and create additional winners, and how to count losers and learn playing techniques for discarding losers. This class is designed for any bridge player who wants more confidence in playing a bridge hand.
This class will move to Zoom if Directed Health Measures warrant.

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.

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 titles, 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.

NEW! Cardio Boxing Class
Cardio Boxing offers a high intensity, cardiovascular workout that combines basic boxing techniques and dynamic conditioning exercises. It is similar to Cardio Kickboxing, but without the kicks. Help build stamina, improve flexibility and burn calories as you build lean muscle.
No equipment needed. Need to wear comfortable clothes and supportive shoes.

Body Sculpting: Butts & Guts
Join our special focus class just for your lower body! This workout routine is designed to help shape and tone belly and buttocks muscles, along with increasing lower body strength, burning fat and building lean muscle. You will learn how to utilize proper form to avoid injury and gain results.
Students should wear workout attire (comfortable pants/shirt/tennis shoes) and bring water and a towel (optional.)

Uechi Ryu Karate Do
Uechi-ryu is a classical Chinese Okinawan style of self-defense, which stresses a balance between mind, body and technique. The classes stress proper breathing techniques and stretching to improve flexibility, and basic to advanced self-defense strategies.
Wear comfortable clothes.
**Register Online**

You must have an email account to register online.

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.

* 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**

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 [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog) for additional information.

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**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.

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.

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