

Sports, Recreation & Fitness

Fit for Living

This is the best price for your workout. Enjoy a morning workout and improve your health. This class will include stretching, cardio and the proper use of free weights to strengthen and tone your core muscles while improving flexibility.

Class will meet for the 12 weeks in the spacious fitness center, just south of the high school. Bring a towel and athletic shoes to change into.

Mon., Wed., Fri., June 26-Sept. 15, 2017
 9:30-10:30 a.m. PHS, Fitness Center \$65

NEW! Digital Cameras for the Beginner

Students will learn the basic functions of a digital camera. This beginning photography class covers exposure, megapixels, zoom, storage, batteries, memory, red-eye reduction, and more.



Students are encouraged to bring their digital cameras/software and docking station to class.

Tues., June 27, 2017 6-9 p.m. PLLC, 103 \$29



NEW! Trains, Trains & More Trains

A great outing with family and friends! See equipment, railroad cars, artwork, signs, parts, railings, historical documents, and more. A personal collection more elaborate and meticulously displayed than area museums. Here is your chance to submerge into train history.

Product sales will not be a part of this class.

Individuals			
Mon., July 3, 2017	10 a.m.-Noon	JBRM	\$5/person
Families (Up to 5 people)			
Mon., July 3, 2017	10 a.m.-Noon	JBRM	\$10/family

NEW! National Mah-Jongg

Mahjong 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.



Four people to a game.

Mon. & Wed., July 10-19, 2017 2-5 p.m. PLLC, COMM \$45
Mon. & Wed., Sept. 11-20, 2017 6-9 p.m. PLLC, COMM \$45

Photography with a Cell Phone and/or Tablet



Discover how to take good photographs using cell phone and tablet cameras. The basic principles of photography will be discussed as applied to cameras found on cell phones and tablets, as well as the basic use of those devices. Fundamentals of

photography and editing will be discussed and practiced in class and in homework assignments. *Make sure your device is fully charged before coming to class.*

Tues., July 11-25, 2017 6:30-8:30 p.m. PLLC, 103 \$49

NEW! Basic Dog Obedience

During this fun six-week session, you will be instructed on how to train your dog to be a better



companion. Points covered: walk on a loose lead, sit on command, lie down, come when called, stay on command, and become better socialized.

The first class is orientation for owners only. Do NOT bring your dog. The last session is learning tricks and a special recognition for you and your dog. Your dog must be at least four months old, and you must provide proof of current vaccinations. Rain location is Memorial Park picnic area two blocks east.

Wed., July 12-Aug. 16, 2017 7-8 p.m. DP \$99

For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

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 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.

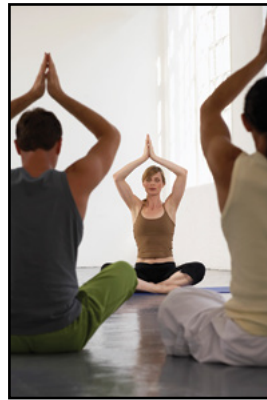
Yoga

This class includes yoga poses and breathing exercises for better flexibility, strength and longevity while relaxing and energizing your spirit.

Come dressed in appropriate attire: loose, comfortable clothing and comfortable shoes.

Thurs., July 13-Aug. 10, 2017
7:05-8 a.m. PCC \$29

Thurs., Aug. 24-Sept. 21, 2017
7:05-8 a.m. PCC \$29



NEW! Self-Defense

This course will provide individuals with basic self-defense knowledge and skills necessary to protect themselves in adverse situations.

Come in comfortable clothes and soft-soled shoes. Half hour lunch on your own (sack lunch recommended).

Sat., July 22, 2017 9 a.m.-2 p.m. PLLC, 102 \$59

NEW! Great American Eclipse

A solar eclipse will occur on Aug. 21, 2017, with much of Nebraska being in the path of the total eclipse. This naturally occurring phenomenon occurs only once in a lifetime so you don't want to miss it. Members of the Omaha Astronomy Club will join SCC learners across the service area, using distance technology, and help you understand how the solar system works, what is happening during the eclipse and what you can expect to see. You also will learn about safety precautions to follow when viewing the eclipse.



Registration deadline Aug. 7.

Individuals

Mon., Aug. 14, 2017 6:30-8:30 p.m. PLLC, 103 \$10/person

Families (Up to 5 people)

Mon., Aug. 14, 2017 6:30-8:30 p.m. PLLC, 103 \$19/family

NEW! Problem Solving Your Dog

Having trouble with your dog? Do you wish your dog would walk calmly on a loose leash; stop destructive chewing; remain calm around family, friends, dogs, and other distractions; stay off people and counters; or come when called? We can help with this one-day, three-hour problem solving seminar for dog owners who need some guidance.

Owners must bring proof of vaccinations, a 6-foot leash (retractable leashes are not accepted) and crate/kennel for their dog.

Sat., July 22, 2017 10 a.m.-1 p.m. MP \$49

Location Key

DP = Dog Park, Fourth Ave. between 16th & 18th St., Plattsmouth, NE
JBRM = J-B Railroad Museum, 719 Rock Bluff Road, Plattsmouth, NE
MP = Memorial Park, Fourth Ave. between 15th & 18th St., Plattsmouth, NE
PCC = Plattsmouth Community Center, 308 S. 18th, Plattsmouth, NE
PHS = Plattsmouth High School, 1916 Hwy. 34, Plattsmouth, NE
PLLC = Learning Center at Plattsmouth, 537 Main St., Plattsmouth, NE

>>Note: Tuition must be paid at the time of registration.

For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

NEW! Making Meaningful Photographs

Let's explore how we can take better pictures and help you become more creative with your photography. We will explore the different modes of your camera and how we might use them for different photographic opportunities. Whether you use a cell phone or a DSLR, let's learn to take those "wow" photographs instead of snapshots.

Bring your camera and instruction manual.

Tues., Aug. 22-Sept. 5, 2017 6:30-8:30 p.m. PLLC, 103 \$49

REGISTRATION FORM - NON-CREDIT COURSE

Complete this form with payment information and send via FAX or mail to:
Southeast Community College, Continuing Education
301 S. 68th St. Place, Lincoln, NE 68510
FAX: 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 for additional information.

PLEASE PRINT

Southeast community college

2017 QUARTER

<input checked="" type="checkbox"/> SUMMER	<input type="checkbox"/> WINTER
<input type="checkbox"/> FALL	<input checked="" type="checkbox"/> SPRING

Social Security Number OR SCC Student ID Number		Name: Last		First	Middle Initial	Email Address	
Residence Mailing Address			City	State	Zip	County #	<input type="checkbox"/> Cell <input type="checkbox"/> Business Phone
Birth Date	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	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"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> American Indian or Alaska Native	<input type="checkbox"/> Asian <input type="checkbox"/> Black or African American	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident		Home Phone

- Please Check:**
- Fit for Living** (June 26-Sept. 15, \$65, AREA-8810-PLSB)
 - National Mah-Jongg** (Sept. 11-20, \$45, AREA-8748-PLUB)
 - Problem Solving Your Dog** (July 22, \$49, AREA-4009-PLUA)
 - Digital Cameras for the Beginner** (June 27, \$29, AREA-8266-PLSA)
 - Photography with a Cell Phone** (July 11-25, \$49, AREA-8350-PLUA)
 - Self-Defense** (July 22, \$59, AREA-8410-PLUA)
 - Trains, Trains & More Trains** (Individual, July 3, \$5, AREA-5054-PLUA)
 - Basic Dog Obedience** (July 12-Aug. 16, \$99, AREA-4200-PLUA)
 - Great American Eclipse** (Individual, Aug. 14, \$10, AREA-6697-PLUI)
 - Trains, Trains & More Trains** (Family, July 3, \$10, AREA-5054-PLUB)
 - Yoga** (July 13-Aug. 10, \$29, AREA-8419-PLUB)
 - Great American Eclipse** (Family, Aug. 14, \$19, AREA-6697-PLUJ)
 - National Mah-Jongg** (July 10-19, \$45, AREA-8748-PLUA)
 - Yoga** (Aug. 24-Sept. 21, \$29, AREA-8419-PLUD)
 - Meaningful Photographs** (Aug. 22-Sept. 5, \$49, AREA-8349-PLUA)

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. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or joto@southeast.edu.

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**. 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.

“Southeast community college

Jack J. Huck Continuing Education Center,
301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703

** 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.*