

Sports, Recreation & Fitness

Fall 2024



It's Time for Football

Nebraska means football . . . whether you are cheering on our Cornhuskers or your favorite high school team gain insight from Coach Darlington. Review game tapes, analyze plays and talk football! Be ready when your favorite team hits the field! Let's see how last year's lessons play out this year for the Huskers.

Nov. 14 class will be a banquet held at Parker's Steakhouse, Ashland NE. Banquet cost is on your own. **Keyword: Football**

Sept. 26-Nov. 7	Th	6:30-8:30 p.m.	\$69
Lincoln, CEC, 303	Darlington	LLLX-0185-CEFA	

Archery Introduction

Have fun and build self-confidence by learning 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 equipment, pending club approval. Instructors are certified with USA Archery. Minimum age to enroll is 8. For additional information, email swoit@allopnone.com.

Keyword: Archery

Oct. 15-Dec. 3	T	6-7 p.m.	\$60
Lincoln, PBAC	Prairie Bowman	LLLX-0584-OCFA	
Oct. 15-Dec. 3	T	7:30-8:30 p.m.	\$60
Lincoln, PBAC	Prairie Bowman	LLLX-0584-OCFB	



Swordplay

Learn to swing a sword like a 14th-century knight! In this introduction to Medieval Longsword class, you will learn about the history, use, and enjoyment 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

Nov. 7-Jan. 23	Th	6:30-8 p.m.	\$79
Lincoln, EDRC	Loder	LLLX-0585-OCFA	



Beginning Bridge

Are you interested in learning one of the greatest card games of all time? Or have you played a little bridge but feel like you need a good tune-up to the game? Register now! Come as a single or sign up with a friend.

Recommended book: *Bridge at a Glance: Modern Standard & Two-Over-One Game Force* (2023) by Audry Grant. **Keyword: Bridge**

Oct. 15-31	T, Th	6-8 p.m.	\$69
Lincoln, CEC, 414	Bavitz	LLLX-1392-CEFA	



T'ai Chi for Beginners

T'ai Chi is a graceful form of exercise that promotes serenity through gently flowing movements. It is gentle and not strenuous and has been shown to have a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes. **Keyword: Chi**

Oct. 7-Nov. 25	M	5:30-6:30 p.m.	\$69
Lincoln, CEC, 111	Rybij	LLLX-1712-CEFA	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place
 Lincoln, EDRCEasterday Recreation Center, 6130 Adams St.
 Lincoln, NEBD..... Nebraska Ballroom Dance, 4820 Rentworth Drive
 Lincoln, PBACPrairie Bowman Club, 1432 N. Cotner Ave.
 Lincoln, PPK.....Pioneers Park, 3201 S. Coddington Ave.



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 402-437-2700 or continuing@southeast.edu



Yoga

It's time to roll out your yoga mat and discover this combination of physical and mental exercises. Regardless of your age, 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. **Keyword: Yoga**

Oct. 21-Nov. 25	M	5:30-6:30 p.m.	\$59
Lincoln, CEC, 304	Pleskac	LLLX-1701-CEFA	

Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key.

Bring a towel and tennis shoes. **Keyword: Fit**



Oct. 7-Nov. 11	M	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Meyer	AREA-8593-TCFFA	

Intro to Sound Bath & Sound Meditation

Explore the experience of sound healing and its potential benefits with a focus on crystal bowl sound baths. Discover how sound works to support the body and mind beyond just listening to music. You will be introduced to concepts related to cymatics (the science of visualizing sound frequencies) and meditation.

Enjoy a 45-minute guided meditation and sound bath by certified sound healing practitioner Shannon Kingery. You may sit in a chair or lie on the floor. Feel free to bring a blanket, eye mask or mat if you desire. There will be some available for use in class. **Keyword: Sound**

Oct. 14	M	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-1690-CEFC	
Nov. 5	T	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-1690-CEFD	
Dec. 2	M	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-1690-CEFE	

Finding Balance with Energy Center Alignment Sound Bath

Discover how sound works to align your energy centers with healing frequencies. This class will be immersive with a short lecture and a full hour of energy center alignment sound bath by certified sound healer Shannon Kingery.

Mats, eye masks and blankets are available or bring your own.

Keyword: Energy

Oct. 22	T	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-2138-CEFC	
Nov. 20	W	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-2138-CEFD	
Dec. 16	M	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-2138-CEFE	



8th Annual Jigsaw Puzzle Derby

Grab your friends, neighbors and family for a fun day of puzzling and friendly competition! The first team in each division to complete their puzzle will get "bragging rights."

Each team category will compete using identical puzzles provided by SCC. All details of the derby (rules, registration forms, deadlines, and more) are available online at <https://bit.ly/2025sccpuzzletournament>. You can stop by the Continuing Education Office at 301 S. 68th St. Place, Lincoln, to pick up an information packet.

Must be 16 years or older to participate. Check-in begins at 12:15 p.m. Registration deadline is Jan. 24 or until the room is full (whichever comes first).

Four-Person Team: 1,000 pieces

Feb. 1	S	12:15-5 p.m.	\$59/team
Lincoln, CEC, 302			

Four-Person Team: 750 pieces

Feb. 1	S	12:15-5 p.m.	\$49/team
Lincoln, CEC, 302			

Two-person Team

Feb. 1	S	12:15-5 p.m.	\$29/team
Lincoln, CEC, 302			

Let's Go Birding: Beginning Bird Watching Hike

Birds are everywhere, and birding is for everyone! Join us for a beginner bird-watching hike at the Pioneers Park Nature Center. Learn the basics of bird identification, proper use of binoculars and the latest in bird-watching apps for your smartphone.

Binoculars are recommended. Please dress for the weather and wear appropriate shoes for hiking. Meet at the Prairie Building Auditorium, Pioneers Park Nature Center, Lincoln. **Keyword: Birding**

Oct. 6	U	2-3:30 p.m.	\$29
Lincoln, PPK, Prairie Bldg Aud	Andrew	AREA-8426-FCFA	
Nov. 9	S	2-3:30 p.m.	\$29
Lincoln, PPK, Prairie Bldg Aud	Andrew	AREA-8426-FCFB	

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 bird watching. Discover equipment needed, locations and tips for watching your favorite birds. **Keyword: Bird**



Dec. 11	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6886-TCFFC	

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**



Oct. 2	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6882-TCFFA	

DANCE

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

Ballroom Dance

Fun for you and your partner as you discover the waltz, foxtrot, swing, and polka in a relaxed, informal atmosphere.

Wear hard-soled shoes (no flip flops or loose shoes). Complete a registration for each partner. **Keyword: Dance**

Oct. 2-Nov. 6	W	6:30-7:30 p.m.	\$89/couple
Lincoln, CEC, 302	Newman	LLLX-1549-CEFA	

Red Hot Salsa

Learn the dance that HEATS up the dance floor with simmering music.

Complete a registration form for each partner. **Keyword: Salsa**

Oct. 2-16	W	8:30-9:30 p.m.	\$59/couple
Lincoln, CEC, 304	Newman	LLLX-1503-CEFA	

More Intro to Swing Dance

Zydeco, East Coast Swing and Hustle . . . wow . . . impress your friends on the dance floor as you learn the foundations to club swing dances.

Complete a registration form for each partner. **Keyword: Dance**

Sept. 29-Nov. 17	U	3-4 p.m.	\$109/couple
Lincoln, NEBD	Fritz	LLLX-1541-OCFA	

More Intro to Country Dance

More country dance fun! Learn the foundations of stationary country dances: Country Cha Cha, Night Club Two Step and Pony Swing.

Complete a registration form for each partner. **Keyword: Dance**

Oct. 3-Nov. 21	Th	6:30-7:30 p.m.	\$109/couple
Lincoln, NEBD	Fritz	LLLX-1526-OCFA	

Line Dance

It's not a party until everyone is line dancing! A fun way to dance socially without a partner, too.

Wear hard-soled shoes. No flip flops or loose shoes. **Keyword: Dance**

Oct. 2-Nov. 6	W	7:30-8:30 p.m.	\$49
Lincoln, CEC, 303	Newman	LLLX-1527-CEFA	

NEW! Beginning Belly Dance

You will learn basic moves and enjoy dancing to Greek, Turkish and Arabic music. While we have fun, we'll also get a workout. All bodies and fitness levels are welcome and that means you! There are always ways to adapt. And we'd love to work with you!

Wear comfortable clothing you can move in. **Keyword: Dance**

Oct. 3-24	Th	6-7 p.m.	\$39
Lincoln, CEC, 111	Gregg	LLLX-0629-CEFA	
Nov. 7-Dec. 5	Th	6-7 p.m.	\$39
Lincoln, CEC, 111	Gregg	No class Nov. 28	LLLX-0629-CEFB

NEW! Beginning Belly Dance Continued

Prerequisite: Beginning Belly Dance

We will continue dancing and learning combos and more moves, perfect for anyone ready to keep going. Join us for a fun workout and to hang out with awesome people! **Keyword: Dance**

Oct. 3-24	Th	7-8 p.m.	\$39
Lincoln, CEC, 111	Gregg	LLLX-0630-CEFA	
Nov. 7-Dec. 5	Th	7-8 p.m.	\$39
Lincoln, CEC, 111	Gregg	No class Nov. 28	LLLX-0630-CEFB

Check out all classes offered at southeast.edu/continuing
Find us on Facebook® at facebook.com/SCCneb

For more information, contact us at 402-437-2700 or continuing@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 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.



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

* Required

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			* <input type="checkbox"/> Cell Phone <input type="checkbox"/> Home		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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Mastercard AMEX Discover VISA V Code _____

(Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

Name as it appears on card: _____ Exp. Date _____

CC # _____

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/business-and-community/index.php

* 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.