

Sports, Recreation & Fitness

Spring 2024

OUTDOOR ADVENTURES

Note: Park permit is required for those driving into the parks.

ALL 3 Classes: Outdoor Adventures

Register for the classes of your choice or take all three and save.

Keyword: Outdoor

April 16-May 9	See Above	\$75	AREA-8599-NCSA
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Basic Hiking

Explore the types of gear and apparel to take on your future hiking excursions. Learn the importance of a proper hiking survival kit, which includes waterproof matches, paracord, a whistle, etc.

Enjoy an actual hike for the session on April 23. **Keyword: Hiking**

April 16-23	T, Th	6:30-8:30 p.m.	\$30
NE City, NCLC, 104	Coates	AREA-8596-NCSA	

Basic Survival

Gain survival tactics and tips that include shelter building, fire making and rescue signaling. You will learn to build your own shelter and practice flint fire making during your session on May 2.

Keyword: Survival

April 25-May 2	T, Th	6:30-8:30 p.m.	\$30
NE City, NCLC, 104	Coates	AREA-8597-NCSA	



Basic Backpacking

Getting ready for your trip can be fun, but you will want to make sure that you have all the essential items to make your hike safe and comfortable. Proper preparation will focus on correct gear purchasing and packing, park permits and maps.

The class will discuss options for a possible overnight outing for the last session on Saturday. **Keyword: Backpacking**

May 7-9	T, Th, S	6:30-8:30 p.m.	\$30
NE City, NCLC, 104	Coates	AREA-8598-NCSA	

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.

The game is played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net. It is played with a paddle (similar to ping pong) and a plastic ball with holes (similar to Wiffle ball). It is played as doubles or singles. **Keyword: Pickleball**

May 22-June 12	W	5-7 p.m.	\$49
NE City, SPTC	Meyer	AREA-8587-PLUB	

Equipment provided or bring your own.

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**

May 6-June 3	M	7-9 p.m.	\$45/person
NE City, NSES, Commons	Monk	No class May 27	AREA-4970-NCSA

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 Basics

New to yoga or want a basic practice? This is perfect for you.

Keyword: Yoga

April 3-May 22	W	6:30-7:30 p.m.	\$69
NE City, NCLC, 104	McNeely	AREA-8651-NCSA	

Chair Yoga

Modified yoga poses seated in a chair. **Keyword: Yoga**

Jan. 16-Feb. 13	T	9:45-10:45 a.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8418-NCSA	

Location Key

NE City, AWCG & G Wellness Center, 1240 N. 19th
NE City, NCLC..... Learning Center at Nebraska City, 1406 Central Ave.
NE City, SPTCSteinhart Park Pickleball Courts,
121 N. Steinhart Park Road

For more information, contact **Cindy Meyer** at 402-323-3636 or cmeyer@southeast.edu

Check out all classes offered at southeast.edu/NebraskaCityLC

Find us on Facebook at facebook.com/SCCLearningCenteratNebraskaCity

REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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

* Required

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit southeast.edu/academics/college-catalog.php 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"/> 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 (must be included) (Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

V Code _____

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? <input type="checkbox"/> Yes <input type="checkbox"/> No

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/about/other-scc-departments/access-equity-diversity-title-ix/index.php * 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.

SCC Staff Tuition Waiver ()
TOTAL DUE
FOR OFFICE USE ONLY
ID# _____
DE _____