

# Mind & Body

## NEW!

Strengthen your body, challenge your mind and learn how to protect yourself. Krav-Maga is a self-defense system that teaches you how to defend yourself and others. You will learn effective techniques to take control and end situations.

Krav-Maga or sparring gloves required. Gloves are available for purchase in class. **Keyword: Defense**

Sept. 30-Oct. 28	M, Th	8-9 p.m.	\$70
Falls City, HMAS	Heller	AREA-8562-FCFA	

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
Falls City, FCLC, 109		AREA-8593-FCFA	

Find your voice as a writer by exploring different writing styles, learning the building blocks of visual storytelling and drawing inspiration from the world around you. Discover methods for overcoming writer's block and ways to bring out your inner creativity through weekly writing assignments and d2 (u7.65 31s.c)197.6usignons.

Join us for an enriching and invigorating journey to enhance mental, social and physical well-being! We will explore a variety of cognitive exercises, social interactions and light physical activities aimed at promoting wellness. Coffee will be provided so bring your favorite cup and join us on this path to wellness and thriving while aging. **Keyword: Aging**

Oct. 8-Nov. 26	T	10-11 a.m.	\$19
Falls City, FCLC, 109	Perkins	AREA-6840-FCFA	

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	

## NEW!

Kickboxing is a fun full-body workout incorporating martial arts, aerobics and HIIT.

No experience needed, techniques and drills can be modified for all levels of experience. **Keyword: Kickboxing**

Sept. 30-Oct. 28	M, Th	7-8 p.m.	\$70
Falls City, HMAS	Heller	AREA-8657-FCFA	

# REGISTER ONLINE

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>
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.

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.

\* 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

			\$
			\$
			\$

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

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

\    Z    U    H    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.