

Sports, Recreation & Fitness

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Look into the world of high school sports and discover the basic mechanics and major rules from the officials' point of view. Those of us in the stands have a different view from those actually on the floor or field. You will see your favorite sport in a whole new light.

Your instructor is a certified official and currently works with NSAA to cover high school sporting events. ¶ÉêfëT<ë%ì

Dec. 9	M	6:30-8:30 p.m.	\$29
Hebron, HNLC, 101	Wiedel	AREA8478-HNFB	

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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. ¶ÉêfëT<ë%ì

Oct. 15-Nov. 5	T	130-2:30 p.m.	\$39
Hebron, HNLC, 101	Stuart	AREA8404-HNFA	

For more information, contact ¶ÉêfëT<ë%ì b m ë j } i % at 402-323-5591 or wfriesen@southeast.edu

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

Bring a towel and tennis shoes. ¶ÉêfëT<ë%ì

Oct. 7-Nov. 11	M	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Meyer	AREA8593-TCFFA	

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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. ¶ÉêfëT<ë%ì

Dec. 11	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA6886-TCFFC	

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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. Location: Area 8

Hebron, HNLC.....Learning Center at Hebron, 610 Jefferson 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.

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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

Registration Form - Non-Credit Course

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

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

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

qy **q**w **q**r **q**e 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.