

Dance

Summer 2024

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

Intro to 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 are welcome and that means you! Modifications are taught for all fitness levels. We'd love to work with you.

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

July 11-Aug. 1	Th	6-7 p.m.	\$39
Lincoln, CEC, 111	Gregg	LLLX1545-CEUB	
Sept. 5-26	Th	6-7 p.m.	\$39
Lincoln, CEC, 111	Gregg	LLLX1545-CEFA	

Continuing Belly Dance

Prerequisite: Intro to Belly Dance (LLLX-1545)

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

July 11-Aug. 1	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX1546-CEUB	
Sept. 5-26	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX1546-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**

July 25-Aug. 8	Th	7:30-8:30 p.m.	\$49/couple
Lincoln, CEC, 304	Newman	LLLX1503-CEUA	

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: Swing**

July 7-Aug. 25	U	3-4 p.m.	\$10
Lincoln, NEBD	Fritz	LLLX1541-OCUA	

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: Country**

July 11-Aug. 29	Th	6:30-7:30 p.m.	\$109/couple
Lincoln, NEBD	Fritz	LLLX1526-OCUA	

Latin Medley

Discover the world of Latin dance as you learn to Cha-Cha, Rumba and Merengue. These dances can be adapted to any pop song. Learn how the beat determines which dance best suits the song.

Your dance guides are from Vintage Ballroom dance and have been in competitions around the Midwest. Wear hard-sole shoes, no flip-flops or loose shoes. Complete a registration form for each partner.

Keyword: Latin

July 25-Aug. 29	Th	6:30-7:30 p.m.	\$89/couple
Lincoln, CEC, 302	Newman	LLLX1548-CEUA	

ed2go.com/sccne

BROWSE COURSES IN

Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical

Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing

For more information, contact us at 402-437-2700 or continuinged@southeast.edu

Location Key

Lincoln, CEC.....Jack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, NEBD.....Nebraska Ballroom Dance, 4820 Rentworth Drive

Check out all classes offered at southeast.edu/continuing

Find us on Facebook® at facebook.com/SCCNeb

REGISTER ONLINE

You must have an email account to register online.

1. <http://bit.ly/RegisterCE>
2. Search for your class. key word course number. Submit.
()
Driver
TRAN-3398
- Select the course. Submit.
- personal information, certify your identification. Submit.
*
- Optional: Additional Registration Information. Submit.

6

Search for more classes.

Register now (check out).
Payment Type. Submit.

payment information. Submit.

class acknowledgement
SCC Student ID Number, SCC
User ID, password. Print.

02- -2 00 00- 2 -00 2f