

# Sports, Recreation & Fitness

## Golf for You!

Golfers of all skill levels welcome. If you are new to the game or need a little tune-up, this is your class. Putting, chipping, and full swing will be covered.

Personal golf clubs are not needed to participate. However, if you have your own set, please bring it. If weather is questionable, call the pro shop at 402-441-8969. **Keyword: Golf**

July 15-Aug. 5 Lincoln, MGC	M Hess	6-7:15 p.m. LLLX1702-OCUC	\$89
July 16-Aug. 6 Lincoln, MGC	T Hess	6-7:15 p.m. LLLX1702-OCUD	\$89
Aug. 27-Sept. 17 Lincoln, MGC	T Hess	6-7:15 p.m. LLLX1702-OCFA	\$89
Aug. 28-Sept. 18 Lincoln, MGC	W Hess	6-7:15 p.m. LLLX1702-OCFB	\$89

## 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 own equipment, pending club approval. Instructors are certified with USA Archery. Minimum age to enroll is 8. For additional information, email [swoit@allophone.com](mailto:swoit@allophone.com).

**Keyword: Archery**

July 16-Sept. 17 Lincoln, PBAC	T Prairie Bowman	6-7 p.m. LLLX0584-OCUA	\$60
July 16-Sept. 17 Lincoln, PBAC	T Prairie Bowman	7:30-8:30 p.m. LLLX0584-OCUB	\$60

## Swordplay

Learn to swing a sword like a 14th century knight! The introduction to Medieval Longsword class instructs students in the history, use and fun 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**

Aug. 15-Oct. 31

## **NEW!** Tips on Bidding Slams, Card Combinations & Pointers on Finessing

Do you find sometimes you bid game, but make a slam? This happens to all of us, but this class will provide guidelines on how to re-evaluate your point count, which may get you into bidding a very good slam. We also will discuss the Ten Commandments of making more good bids and avoiding bad ones. An additional part of this class will focus on tips and strategies on running finesses and looking at frequent card combinations and how to play them. These strategies will be very helpful whether you are playing a hand at a bid of one or a bid of seven.

This class is designed for a more experienced Bridge player.

### **Keyword: Bidding**

July 9-25	T, Th	9:30-11:30 a.m.	\$79
Lincoln, CEC, 414	Kepler	LLLX2365-CEUA	

---

## Mah-Jongg Strategies

So you know the basics of Mah-Jongg but are looking for some good playing strategies. Join us for this Mah-Jongg class which includes both strategies and play. Strategies will focus on: power tiles, what to keep and what to pass during the Charleston, what to discard, identifying "safe tiles" and "hot tiles," reading exposures, changing your hand, and which hand to choose.

Please note that this is not a "how to play" Mah-Jongg class. You should already know the basics and are looking for strategies to help improve your play. **Keyword: Mah Jongg**

June 25-27	T, Th	6-8 p.m.	\$29
Lincoln, CEC, 414	Kepler	LLLX0958-CEUA	

---

## Getting Started in Metal Detecting

Get the inside scoop on this surprisingly addictive hobby! Metal detecting is a fun activity for all ages. Whether you are a history buff, looking for some exercise, or a great family activity, join our class to become acquainted with the tools and accessories needed, where to search and have all of your questions answered. This is a perfect class to take if you are considering purchasing a metal detector for yourself or to give as a gift. **Keyword: Metal**

Sept. 28	S	9 a.m.-Noon	\$29
Lincoln, CEC, 404	Schwenke	LLLX0855-CEFA	

---

## 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**

Aug. 7	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA6882-TCUFA	

---

Aug. 15	Th	7-8 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA6882-TCUFB	

---

## 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 birding (or bird watching). Discover equipment needed and locations and tips to watching your favorite birds. **Keyword: Bird**

Sept. 5	Th		
---------	----	--	--

---

---

# 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)

**q**y    **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.