

# Sports, Recreation & Fitness

Summer 2024

## Backyard Bird Feeding

It's early p.m.

LIVE Online, Zoom	Andrew	AREA-6882-TCUFA	\$10
Aug. 15	Th	7-8 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6882-TCUFB	

## 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.

### Yoga Basics

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

July 24-Sept. 11	W	6:30-7:30 p.m.	\$69
NE City, NCLC, 104	McNeely	AREA-8651-NCUA	

## 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.

Sept. 5	Th	7-8 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6886-TCFFA	
Sept. 18	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6886-TCFFB	

NE City, NCLC..... Learning Center at Nebraska City, 1406 Central Ave.

[ed2go.com/sccne](https://ed2go.com/sccne)

For more information, contact Cindy Meyer at 402-323-3636 or [cmeyer@southeast.edu](mailto:cmeyer@southeast.edu)

Check out all classes offered at [southeast.edu/NebraskaCityLC](https://southeast.edu/NebraskaCityLC)  
Find us on Facebook at [facebook.com/SCCLearningCenteratNebraskaCity](https://facebook.com/SCCLearningCenteratNebraskaCity)

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. ADA Reasonable Accommodations: SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.

# 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

**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.