



MARTIAL ARTS

SUMMER 2015

QUICK FACTS

WHERELehi Legacy Center
WHOAges 5 and older
WHENTuesday/Thursday,
recurs monthly
TIMESee Class Schedule
FEESResidents: \$55
Non-Residents: \$65
(due by the 20th of
the previous month)

REGISTRATION

Register at the Legacy Center Back Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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HAPKIDO CLASSES

Hapkido is a Korean martial art of tactical self defense and combat with the focus of efficiently and effectively using your opponent's aggression to your advantage. Students develop self confidence, self control and preservation for self and others. Instruction will increase fitness, strength, flexibility, balance, agility, coordination and respect for self and others.

Hapkido classes are run by Intermountain Hapkido Alliance. Elements of instructional development include: evasive movements, blocking, trapping, deflecting, kicking, striking, break-falls and rolls, joint-locks, throwing, grappling, pressure point and vital point anatomy. Hapkido is a true martial art, NOT a competitive sport or tournament style karate.

For more information about Intermountain Hapkido Alliance, visit www.imhapkido.com.

CLASS SCHEDULE

Classes are available for ages 5 and older. All classes are held on Tuesday and Thursday at the Lehi Legacy Center.

Class	Age Group	Day	Time
Class #1	Age 5 and older	Tue/Thu	5:30-6:30 p.m.
Class #2	Age 5 and older	Tue/Thu	6:30-7:30 p.m.
Class #3	Age 12 and older	Tue/Thu	7:30-8:30 p.m.

There is a one-time registration fee and testing fees. Contact the instructor for details. No classes on June 25, August 18, and August 20. If there are any questions please email Nate @ mr.summers@imhapkido.com

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



RECREATION

REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.