



# MARTIAL ARTS

SUMMER 2026

## QUICK FACTS

WHERE .....Lehi Legacy Center

WHO .....Ages 6 yrs or older

WHEN .....Tuesday/Thursday,  
recurs monthly

TIME .....See Class Schedule

FEES .....Resident: \$83

Non-Resident: \$112

(due by the 20th of the  
previous month)

## 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.

## REGISTRATION

Monthly registration. Payments are due by the 20th of the previous month for current students. For current students a balance is created and must be paid online by the 20th to secure a spot for the next month. New student registration opens on the 26th of each month.

Register at the Legacy Center Registration Office during normal business hours or online at [www.lehi-ut.gov/legacy-center](http://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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## CLASS SCHEDULE

CLASS	AGE	DAY	TIME
Class 1	6yrs. & older	Tue/Thur	4:30-5:30 p.m.
Class 2	6yrs. & older	Tue/Thur	5:30-6:30 p.m..
Class 3	6yrs. & older	Tue/Thur	6:30-7:30 p.m.
Class 4	12yrs. & older	Tue/Thur	7:30-8:30 p.m.

There is a one-time registration fee and testing fees. Contact Heidi Summers the instructor, for details and or questions at [admin@imhkd.com](mailto:admin@imhkd.com) (801-560-1061)

## IMPORTANT DATES

CLASSES START: June 2 - August 27

- No class August 18 -20 for cleaning week

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.