



R.A.D. WOMEN

FALL 2015

QUICK FACTS

WHERELehi Legacy Center
 WHOWomen 13 yrs. of age and older.
 WHENSee below dates
 FEES\$31
 INCLUDES.3 classes and materials.

SELF DEFENSE PROGRAM

The Rape Aggression Defense (R.A.D.) System is a program of realistic self-defense tactics and techniques for women only. It is a comprehensive course that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training and ending with a dynamic simulation giving the student an opportunity to practice their skills. This course is taught by nationally certified R.A.D. Instructors and provides each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates.

REGISTRATION

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

Registration is non-refundable and non-transferable.

SESSION SCHEDULE

Session I

Class	Dates	Time	Fee
Class #1	October 5 October 7 October 9	6:00 p.m. to 9:00 p.m. 6:00 p.m. to 9:00 p.m. 5:30 p.m. to 9:30 p.m.	\$31 for all classes

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000 OR 801-766-5800.



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Follow us on Twitter!
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REQUIREMENTS

Women 13 yrs. of age and older. Anyone under 18 will need parental permission before signing up for the class. Clothing requirements are to wear comfortable workout clothes, with athletic shoes (no open-toed footwear please).

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.