



# R.A.D. WOMEN

FALL 2016

## QUICK FACTS

WHERE .....Lehi Legacy Center  
 WHO .....Women 13 yrs. of age and older.  
 WHEN .....See below dates  
 FEES .....\$31  
 Program 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](http://www.lehi-ut.gov/legacy-center).

*Registration is non-refundable and non-transferable.*

## SESSION SCHEDULE

### Session I

Class	Dates	Time	Fee
Class #1	October 3 October 5 October 7	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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## 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](http://www.lehi-ut.gov/legacy-center)



# RECREATION

REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.