



MARTIAL ARTS

WINTER 2021

QUICK FACTS

WHERELehi Legacy Center
 WHOAges 5 and older
 WHENTuesday/Thursday,
 recurs monthly
 TIMESee Class Schedule
 FEESResidents: \$61
 Non-Residents: \$73
 (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.

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

REGISTRATION

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

CLASS SCHEDULE

Classes are available for ages 5 and older. All classes are held on Tuesdays and Thursdays at the Lehi Legacy Center. Classes start January 5 thur May 25, 2021. This is a monthly program. There **will be** classes during spring break.

MORE INFORMATION



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



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| 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. 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



REGISTRATION HOURS
 Monday-Friday
 8 a.m. to 6 p.m.
 or register online.

MARTIAL ARTS PROGRAM

lehilegacycenter.activityreg.com

Here are a few Legacy Center program policies that we would like to make you aware of.

- 1) Your child can not participate in our Martial Arts program unless they are registered and on the class roll.
- 2) Tuition payments are due **BY** the 20th of the previous month.
- 3) Once you are registered as a student you can pay your **BALANCE ONLINE**, after you log onto your account, anytime between the **1st-20th** to secure your spot for the next month. It is your responsibility to secure your child's spot in the class by paying before the due date. If not paid by the 20th of the previous month, there is no guarantee that your child will be allowed to participate in our program.

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4) New student open enrollment is on the 26th of each month and can be registered online or at the registration office if spots are still available. Your spot could be taken if you are not registered for the next month.

5) For more information about Intermountain Hapkido Alliance, please visit www.imhapkido.com or email questions to mr.summers@imhapkido.com.

Pay your balance online lehilegacycenter.activityreg.com

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