



# R.A.D. WOMEN

FALL 2022

## QUICK FACTS

WHERE .....Lehi City Police Dept.

WHO .....Women 13 yrs. of age and older.

WHEN .....See below dates

FEES .....\$42

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. This class ends 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.

This class is being hosted by the Lehi City Police Department and will take place in the Broadbend Community Room, located at 128 North 10 East, Lehi. Those interested can contact Victim Advocate Jenny Hoover at 385-201-2149 or by email at [jhoover@lehi-ut.gov](mailto:jhoover@lehi-ut.gov) if they have any questions or would like to register.

## REGISTRATION

Registration Opens: August 10, 2022  
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).

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

## SESSION SCHEDULE

Class	Dates	Time	Fee
Class #1	October 24th	5:30 p.m. to 9:00 p.m.	\$42
	October 25th	5:30 p.m. to 9:00 p.m.	
	October 27th	5:00 p.m. to 9:00 p.m.	

## MORE INFORMATION



For more information contact the Lehi Police Department Front Desk at 385.201.1005



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[www.facebook.com/lehilegacycenter](https://www.facebook.com/lehilegacycenter)

## 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)



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