



MARTIAL ARTS

WINTER 2023

QUICK FACTS

WHERELehi Legacy Center
 WHOAges 5 and older
 WHENTuesday/Thursday,
 recurs monthly
 TIMESee Class Schedule
 FEESResidents: \$65
 Non-Residents: \$78
 (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

Register at the Legacy Center Registration Office during normal business hours or online at 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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www.facebook.com/lehilegacycenter



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[lehilegacy](https://www.instagram.com/lehilegacy)

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 3 thru May 25, 2023. This is a monthly program.

There **will be** classes during spring break.

No class on May 30

| 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 Nate, the instructor, for details and or questions at 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

Please be aware of the following Legacy Center policies.

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 may pay your **BALANCE ONLINE**. Log into your account anytime between the **1st-20th** the month to pay your balance and 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.

Pay your balance online: lehilegacycenter.activityreg.com

4) New student open enrollment is on the 26th of each month. You may register online or in the Registration Office if spots are still available. Your spot may be taken if you are not registered for the next month.

5) Contact Nate Summers with Intermountain Hapkido Alliance regarding the one-time registration fee and any testing fees at mr.summers@imhapkido.com

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

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