



# MARTIAL ARTS

SUMMER 2025

## QUICK FACTS

WHERE .....Lehi Legacy Center  
 WHO .....Ages 5yrs. & older  
 WHEN .....Tuesday/Thursday,  
 recurs monthly  
 TIME .....See Class Schedule  
 FEES .....Residents: \$82  
 Non-residents: \$92  
 (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

Monthly registration. Payments are due by the 20th of the previous month for current students. For current students a balance is created and must be paid online by the 20th to secure a spot for the next month. New student registration opens on the 26th of each month.

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)

## CLASS SCHEDULE

| CLASS   | AGE            | DAY      | TIME            |
|---------|----------------|----------|-----------------|
| Class 1 | 5yrs. & older  | Tue/Thur | 4:30-5:30 p.m.  |
| Class 2 | 5yrs. & older  | Tue/Thur | 5:30-6:30 p.m.. |
| Class 3 | 5yrs. & older  | Tue/Thur | 6:30-7:30 p.m.  |
| Class 4 | 12yrs. & older | Tue/Thur | 7:30-8:30 p.m.  |

There is a one-time registration fee and testing fees. Contact Heidi Summers the instructor, for details and or questions at [admin@imhkd.com](mailto:admin@imhkd.com) (801-560-1061)

## MORE INFORMATION



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



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## IMPORTANT DATES

CLASSES START: June 3 - August 28  
 - No class July 24, Aug 12th and 14th for cleaning week

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.

## MARTIAL ARTS PROGRAM

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](http://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 Heidi Summers with Intermountain Hapkido Alliance regarding the one-time registration fee and any testing fees at [admin@imhkd.com](mailto:admin@imhkd.com).
- 6) For more information about Intermountain Hapkido Alliance, email questions to [admin@imhkd.com](mailto:admin@imhkd.com).