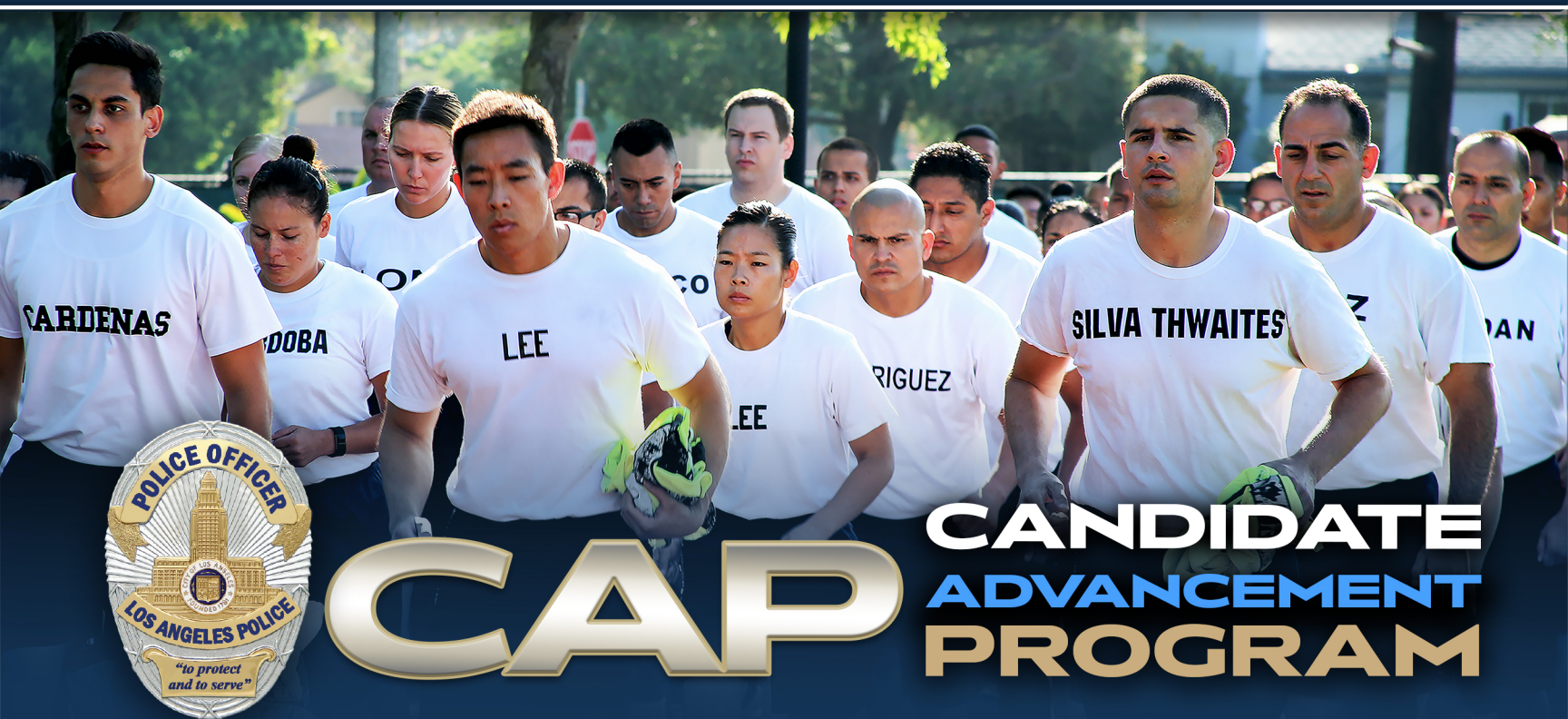


GET WITH THE PROGRAM



MON & WED, 6:00 PM - 9:00 PM
SAT, 7:30 AM - 10:30 AM
WOMEN'S CAP EVERY 3RD SAT

AHMANSON RECRUIT TRAINING CENTER
5651 W. Manchester Ave.
Los Angeles, CA 90045

TUE & THUR, 6:00 PM - 9:00 PM
NEW EARLY MORNING ONE HOUR CAP SESSION
WED, 5:30 AM - 6:30 AM

LAPD POLICE ACADEMY
1880 Academy Dr.
Los Angeles, CA 90012

TUE & THUR, 6:00 PM - 9:00 PM

DEVONSHIRE POLICE STATION
10250 Etiwanda Ave.
Northridge, CA 91324

SAT, 7:30 AM - 10:30 AM

MT. SAN ANTONIO COLLEGE
1100 N Grand Ave.
Walnut, CA 91789

The Los Angeles Police Department offers the Candidate Advancement Program (CAP) to help you get physically fit and accustomed to the training style you will encounter in the Academy.

WHAT TO EXPECT

- Get a head start on getting in the best shape of your life.
- Learn what to expect at the Academy.
- Familiarize yourself with the Police Academy training style.
- Get to know active LAPD officers that can provide useful information.
- Network with other candidates for support and encouragement.

FREE OF CHARGE

PARTICIPANTS MUST BE IN THE LAPD HIRING PROCESS.

- Participants need to arrive wearing workout gear and appropriate running shoes.
- Schedule is subject to change.
- Classes not held on holidays or holiday weekends.



VISIT **JOINLAPD.COM**