



#COURAGE **LAFD**

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THE FIREFIGHTER CANDIDATE ADVANCEMENT PROGRAM (FCAP)

The most difficult challenge firefighter recruits face is the physical requirements of the fire academy. To assist you in the area, the Los Angeles Fire Department offers the Firefighter Candidate Advancement Program (FCAP) to help you get physically fit, get accustomed to the training style you will encounter in the academy, and have a successful career. We strongly encourage all LAFD candidates to take advantage of this FREE program. Note: First-time attendees must show up 30 minutes before to register for the program.

- Developed for firefighters by firefighters
- Get a head start on getting in the best shape of your life
- Familiarize yourself with the fire academy training style

DRILL TOWER 81

14355 Arminta St.
Panorama City, CA 91402
Enter NW gate on Nollan Pl.
Monday - 6 - 9 PM
Tuesday - 6 - 9 PM
Thursday - 6 - 9 PM
Saturday - 7 - 10 AM

FREE OF CHARGE.

- Focuses on injury prevention, functional movement, strength, power and endurance
- Network with other candidates for support and encouragement
- Learn what to expect at the academy

DRESS CODE FOR FCAP:

Wear dark blue: shorts/shirt
Bring: snack/water and a good attitude

The FCAPs program is completely free of charge and no need to sign up ahead of time



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