

CANDIDATE ASSISTANCE PROGRAM



*to protect
and to serve:
as a team*



GET WITH THE PROGRAM THE CANDIDATE ASSISTANCE PROGRAM (CAP)

Among the most difficult challenges faced by Police Officer recruits are the physical requirements of the Police Academy. To assist you in this area, the Los Angeles Police Department offers the Candidate Assistance Program (CAP) to help you get physically fit and get accustomed to the training style you will encounter in the Academy. We strongly encourage all LAPD candidates to take advantage of this FREE program.

- 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.



Mondays & Wednesdays 6 pm to 9 pm

Saturdays 7:30 am to 10:30 am

Ahmanson Recruit Training Center

5651 W. Manchester Blvd., Los Angeles, CA 90045

Tuesdays & Thursdays 6 pm to 9 pm

Los Angeles Elysian Park Academy

1880 N. Academy Road (near Dodger's Stadium), Los Angeles, CA 90012

Tuesdays & Thursdays 6 pm to 9 pm

Pierce College

6201 Winnetka Avenue, Woodland Hills, CA 91371

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.



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