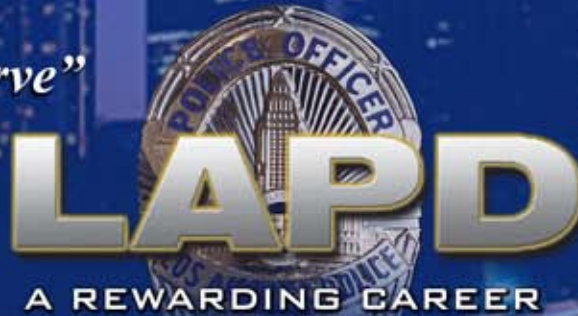




**TAKE THE NEXT STEP TOWARD
A REWARDING CAREER**

“to protect and to serve”



WOMEN'S CAP ORIENTATION

Learn how to prepare for the physical demands of the Academy

EVERY 3rd SATURDAY • 8 am - 10 am



**Ahmanson Recruit Training Center
5651 West Manchester Blvd.
Los Angeles, CA 90045 (Near LAX)**

- **Observe the Candidate Assistance Program to see Academy style workouts**
- **Candidates who participate in CAP on a regular basis are more likely to be successful in the Academy**
- **To participate in the workout, wear appropriate clothes and shoes for a 1.5 mile walk**
- **Please scroll down for regular CAP locations.**

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*to protect
and to serve:
my dream*

LAPD

A REWARDING CAREER

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GET WITH THE PROGRAM

THE CANDIDATE ASSISTANCE PROGRAM

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.
- Get accustomed to the training style you'll encounter at the Academy.
- Get information on what to expect at the Academy.
- Get to know the LAPD officers who conduct the program and who will provide information, support, and encouragement.
- Network with other candidates who will have helpful information and who will provide the support and encouragement to achieve things you may not have considered possible.



Mondays & Wednesdays 6:00 pm to 9:00 pm

Saturdays 7:30 am to 10:30 am

Ahmanson Recruit Training Center

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

Tuesdays & Thursdays 6:00 pm to 9:00 pm

Los Angeles Elysian Park Academy

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

Tuesdays & Thursdays 6:00 pm to 9:00 pm

Los Angeles 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 subject to change. Classes not held on holidays or holiday weekends.

866.444.LAPD
WWW.JOINLAPD.COM

The Los Angeles Police Department is an equal employment opportunity employer. We offer exceptional careers for men & women from all races, economic backgrounds, religions and sexual orientation seeking professional challenge.

With excellent salaries and benefits and more than 250 job assignments, the LAPD has unlimited opportunities for advancement and the chance to make a difference. Joining the LAPD family may be just what you've been looking for.