



CHOOSE your CHALLENGE LAPD IS HIRING!

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 Ave., Los Angeles, CA 90045

TUESDAYS & THURSDAYS 6 PM TO 9 PM
 LAPD Police Academy
 1880 Academy Dr., Los Angeles, CA 90012

TUESDAYS & THURSDAYS 6 PM TO 9 PM
 Devonshire Division
 10250 Etiwanda Ave., Northridge, CA., 91325
 Meeting Location: Devonshire Park Corner of Devonshire St. & Etiwanda Ave.

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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