

PHYSICAL FITNESS QUALIFIERS



*to protect
and to serve:
with pride*



While in the academy, you will be required to participate in four separate Physical Fitness Qualifiers (PFQ). The PFQ is used to track your physical fitness progress and to ensure that you meet the minimal fitness standards of both LAPD and Commission on Police Officer Standards and Training.

The PFQ is the first exam that you will take during the first week of the Academy. By participating in the Candidate Assistance Program (CAP), you have the chance to practice. The Physical Fitness Qualification (PFQ) is given at all three CAP locations at the beginning of the month.

The PFQ will be administered at regular CAP sessions on the following locations & dates:

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

Mondays & Wednesdays 6 pm to 9 pm

April 4, 2011	May 2, 2011	June 1, 2011	June 6, 2011	July 6, 2011
August 1, 2011	August 3, 2011	October 3, 2011	November 2, 2011	December 5, 2011

Saturdays 7:30 am to 10:30 am

April 9, 2011	May 7, 2011	July 9, 2011	August 6, 2011	September 10, 2011
October 1, 2011	October 8, 2011	November 5, 2011	December 3, 2011	

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

PIERCE COLLEGE
6201 Winnetka Ave., Woodland Hills, CA 91371

Tuesdays & Thursdays 6 pm to 9 pm

April 5, 2011	May 3, 2011	June 2, 2011	July 5, 2011	July 7, 2011
August 2, 2011	September 1, 2011	September 6, 2011	October 4, 2011	November 1, 2011
November 3, 2011	December 1, 2011			

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