

GET WITH the program

[CAP]

candidate advancement program



MONDAY & WEDNESDAY, 6 PM - 9 PM
SATURDAY, 7:30 AM - 10:30 AM

AHMANSON RECRUIT TRAINING CENTER
5651 W. MANCHESTER AVE.
LOS ANGELES, CA 90045

TUESDAY & THURSDAY
6:00 PM - 9:00 PM

LAPD POLICE ACADEMY
1880 ACADEMY DR.
LOS ANGELES, CA 90012

TUESDAY & THURSDAY
6:00 PM - 9:00 PM

LA MISSION COLLEGE EAST CAMPUS
12890 HARDING ST.
SYLMAR, CA 91342

The Los Angeles Police Department offers the Candidate Advancement Program (CAP) to help you get physically fit and accustomed to the training style you will encounter in the Academy.

WHAT TO EXPECT

- 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.

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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