



#COURAGE **LAFD**

JOIN **LAFD**.ORG

THE CANDIDATE ADVANCEMENT PROGRAM (CAP)

The most difficult challenge firefighter recruits face is the physical requirements of the fire academy. To assist you in the area, the Los Angeles Fire Department offers the Candidate Advancement Program (CAP) to help you get physically fit, get accustomed to the training style you will encounter in the academy, and have a successful career. We strongly encourage all LAFD candidates to take advantage of this FREE program. Note: First-time attendees must show up 30 minutes before to register for the program.

- Developed for firefighters by firefighters
- Get a head start on getting in the best shape of your life
- Familiarize yourself with the fire academy training style

- Focuses on injury prevention, functional movement, strength, power and endurance
- Network with other candidates for support and encouragement
- Learn what to expect at the academy

DRILL TOWER 81

14355 Arminia St., Panorama City, CA 91402
Enter NW gate on Nollan Pl.
Monday and Tuesday 6-9 pm
Saturday 7-10 am

DRILL TOWER 40

330 Ferry St., San Pedro, CA 90731
Thursdays 6-9 pm

DRESS CODE FOR CAP:

Wear dark blue: shorts/shirt
Bring: snack/water and a good attitude

FREE OF CHARGE.

213.893.9502



JOIN **LAFD**.ORG

