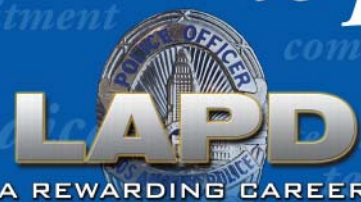


PHYSICAL FITNESS QUALIFIERS



*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

Jan. 4 & 9, 2012	Feb. 1 & 6, 2012	March 5 & 7, 2012	April 2 & 4, 2012	May 2 & 7, 2012	June 4 & 6, 2012
July 2 & 11, 2012	Aug. 1 & 6, 2012	Sept. 5 & 9, 2012	Oct. 1 & 3, 2012	Nov. 5 & 7, 2012	Dec. 3 & 5, 2012

Saturdays 7:30 am to 10:30 am

Jan. 7, 2012	Feb. 4, 2012	March 3, 2012	April 7, 2012	May 5, 2012	June 2, 2012
July 7, 2012	August 4, 2012	Sept. 8, 2012	Oct. 6, 2012	Nov. 3, 2012	Dec. 1, 2012

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

Jan. 3 & 5, 2012	Feb. 2 & 7, 2012	March 1 & 6, 2012	April 3 & 5, 2012	May 1 & 3, 2012	June 5 & 7, 2012
July 3 & 5, 2012	Aug. 2 & 7, 2012	Sept. 4 & 6, 2012	Oct. 2 & 4, 2012	Nov. 1 & 6, 2012	Dec. 4 & 6, 2012

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