

ARE YOU READY?

Compete for a spot in the 2019
Women's Fire Prep Academy

2.23.19

Saturday, 8 a.m.-1 p.m.

Open to anyone 18 and over, this academy is conducted by professional LACoFD firefighters and meets for six consecutive Saturdays.

BE PREPARED TO PARTICIPATE IN:

push-ups • pull-ups • sit-ups
planks • stamina (beep) test

REQUIRED EXERCISE ATTIRE:

- loose-fitting, mid-thigh, navy blue shorts
- navy blue or white t-shirt
- white ankle socks and running shoes

NOT PERMITTED:

tank tops • stretch pants
skin-tight shorts • dolphin shorts

RSVP BY THURSDAY, 2.21.19

<https://bit.ly/2RjqWxn>

FOR MORE INFORMATION

310-419-2115



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**LOS ANGELES COUNTY FIRE
DEPARTMENT HEADQUARTERS**

Cecil R. Gehr Combat Training Center
1320 N. Eastern Avenue
Los Angeles, CA 90063