

ARE YOU READY?

Compete for a spot in the 2022
Women's Fire Prep Academy

2.12.22
Saturday 7 AM - 2 PM

Open to anyone, this academy is conducted by professional LACoFD firefighters and meets for six consecutive Saturdays. **Completion 3/19/22.**

BE PREPARED TO PARTICIPATE IN:
PUSH-UPS • PULL-UPS • SIT-UPS
PLANKS • STAMINA (BEEP) TEST

RSVP BY THURSDAY, 2.10.22: <https://wfpa-2022.eventbrite.com>
FOR MORE INFORMATION: ☎ 310 - 419 - 2115

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 • visible tattoos
skin-tight shorts • dolphin shorts

LOS ANGELES COUNTY FIRE DEPARTMENT HEADQUARTERS Cecil R. Gehr Combat Training Center • 1320 N. Eastern Avenue, Los Angeles, CA 90063



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