

# LOS ANGELES COUNTY SHERIFF'S DEPARTMENT PRE-ACADEMY WORKOUT

The Pre-Academy Workout is a physical training session designed to physically prepare you for the Academy P.T. program. Anyone interested in a career with the Los Angeles County Sheriff's Department is welcome to participate. Proper workout attire includes shorts, T-shirt, sweats and running shoes. Also bring a water bottle.

LOCATIONS	DAYS / TIMES
<p><b>STAR CENTER ACADEMY</b>  <b>11515 S. COLIMA ROAD</b>  <b>WHITTIER, CA. 90604</b>  <b>PHONE # : 1-562-946-7863</b>  <b><u>SIGN IN:</u></b>  <b>K-BUILDING STAFF</b>  <b>INSTRUCTOR'S OFFICE.</b></p>	<p><b>MONDAY / THURSDAY</b>  <b><u>1730-1930</u></b></p>
<p><b>NORTH ACADEMY</b>  <b>COLLEGE OF THE CANYONS</b>  <b>26455 ROCKWELL CANYON</b>  <b>ROAD</b>  <b>SANTA CLARITA, CA. 91354</b>  <b>PHONE # 1-661-362-5455</b>  <b><u>SIGN IN:</u></b>  <b>FOOTBALL STADIUM ON THE 50</b>  <b>YARD LINE</b></p>	<p><b>MONDAY / WEDNESDAY</b>  <b><u>1730 -1930</u></b></p>
<p><b>ANTELOPE VALLEY</b>  <b>ACADEMY</b>  <b>ANTELOPE VALLEY COLLEGE</b>  <b>3041 W. AVENUE K</b>  <b>LANCASTER, CA.</b>  <b>PHONE # 1-661-272-2100</b>  <b><u>SIGN IN:</u></b>  <b>A.V. ACADEMY STAFF OFFICE</b>  <b>BUILDING T-503 LOCATED ON</b>  <b>THE NORTH SIDE OF THE</b>  <b>CAMPUS</b></p>	<p><b>TUESDAY / THURSDAY</b>  <b><u>1730 -1930</u></b></p>