

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 |
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| <p>STAR CENTER ACADEMY 11515 S. COLIMA ROAD WHITTIER, CA. 90604 PHONE # : 1-562-946-7863 SIGN IN: K-BUILDING STAFF INSTRUCTOR'S OFFICE.</p> | <p>MONDAY / THURSDAY 1730-1930 start time for Monday/Thursday Pre-Academy Workouts will be 1630 hours from November 1, 2009, to March 14, 2010.</p> |
| <p>NORTH ACADEMY COLLEGE OF THE CANYONS 26455 ROCKWELL CANYON ROAD SANTA CLARITA, CA. 91354 PHONE # 1-661-362-5455 SIGN IN: FOOTBALL STADIUM ON THE 50 YARD LINE</p> | <p>MONDAY / WEDNESDAY 1730 -1930</p> |
| <p>ANTELOPE VALLEY ACADEMY ANTELOPE VALLEY COLLEGE 3041 W. AVENUE K LANCASTER, CA. PHONE # 1-661-272-2100 SIGN IN: A.V. ACADEMY STAFF OFFICE BUILDING T-503 LOCATED ON THE NORTH SIDE OF THE CAMPUS</p> | <p>TUESDAY / THURSDAY 1730 -1930</p> |