

# Police Physical Preparation Program



**The Edmonton Police Service and the City of Edmonton have come together to create a program to help you prepare physically for a job in policing and learn more about the EPS.**

**The program is designed to:**

- Prepare you to be successful and maximize your score on the A-PREP and Leger shuttle run fitness tests
- Prepare you for the demands of Recruit Training.
- Provide you with nutritional information.
- Provide you with insight into a policing career and its culture through guest speakers from across the EPS.
- Instill a lifelong desire to incorporate physical activity into your daily life.

**Cost: \$144 for 12 classes**

## **Next Classes:**

**Barcode: 501670**

Location: Kinsmen Sports Centre

Time: Monday 7:00PM-8:00PM

Date: May 12, 2014 – August 11, 2014

**Barcode: 501671**

Location: St Francis Xavier Sports Centre

Time: Thursday 6:00PM-7:00PM

Date: May 29, 2014 – August 14, 2014

## **Spots are limited so register now:**



Online: **[www.Edmonton.ca/ereg](http://www.Edmonton.ca/ereg)**



By phone: call **311** and state the barcode number to register



In Person: **at any City of Edmonton Leisure, Sports and Fitness Facility**