

PHYSICAL TRAINING FOR LAW ENFORCEMENT

TWO SESSIONS AVAILABLE:

SEPTEMBER 1 - OCTOBER 20 or OCTOBER 22 - DECEMBER 17

Monday, Wednesday, and Friday— 11:15am to 12:05pm



A class designed for Police, Fire Fighters, and National Guard

This \$40 course will prepare students to pass physical fitness testing for those pursuing employment or training for recertification in the law enforcement field. Fitness activities will include all of the components of the various tests that a candidate will have to pass upon entrance or exit from a law enforcement academy.

FOR MORE INFORMATION, PLEASE CONTACT:
DR. LINDA LEVY AT 535-2577 OR LEVY@PLYMOUTH.EDU

Offered by Plymouth State University's
Frost School of Continuing and Professional Studies and
The Center of Active Living and Healthy Communities