Are you ready to take the Michigan Commission on Law Enforcement Standards (MCOLES) PHYSICAL AGILITY TEST this summer? The test includes:

- Vertical Jump
- Sit-ups
- Push-ups
- 1/2-mile Shuttle Run

The purpose of this class is to prepare you for the four event test and to teach you how to be fit for duty and for life!

CJ 164 Police Academy Boot Camp
A 10-week course running from June 9 - Aug. 11
Mon., Wed., Thurs. at the Ford Field House
6-7 a.m. or 6-7 p.m.
(1 Credit, 2 Contact Hours)

Class is limited to 20 students. You must be a Criminal Justice student with a plan code of 808 and you must call the Criminal Justice Department to register.

For more information, contact the Criminal Justice Department at (616) 234-4280 or email Rachel Crapo at rcrapo@grcc.edu.