



## ***MEDIA ADVISORY***

*April 6, 2010*

### **NEW Fire Fighter Bootcamp**

*for men and women considering a career in Fire and Rescue Services.*

Northvanrec is pleased to offer a new Fire Fighter Bootcamp for men and women considering a career in Fire and Rescue Services and for those interested in reaching the next level of physical fitness.

The idea for this innovative 8 week program originated with the District of North Vancouver's Fire Department. They contacted the North Vancouver Recreation Commission last year with the idea of developing a program that would assist recruits in successfully passing the physical capabilities and skills testing portion of the fire fighter recruitment process. The program is supported by all three North Shore Fire Departments and an example of how collaboration amongst local government departments can benefit residents.

Northvanrec then developed the program and hired an instructor who is a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association.

The program starts April 12, 2010. All interested participants need to attend a special testing workshop on Saturday, April 10<sup>th</sup>. For more information and to register, visit [www.northvanrec.com](http://www.northvanrec.com) or call 604-987-Play (7529).

## ***PHOTO OPPORTUNITY***

**EVENT:** Testing workshop for Fire Fighter Bootcamp registrants  
**DATE:** Saturday, April 10, 2010  
**TIME:** 9:00am – 12:00pm (new groups start on the hour)  
**LOCATION:** District of North Vancouver Fire Training Centre at 900 St. Denis Street  
North Vancouver

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