



**CITY OF TONAWANDA CIVIL SERVICE COMMISSION**

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William Sheldon, Chairman  
Jeff Brzyski, Commissioner  
Jan Bodie, Commissioner

Monica Ljiljanich, Executive Secretary

June 22, 2018

As part of the Police Officer examination, you are invited to attend the Physical Agility Examination for the position of Police Officer. You must pass the Agility Test to be certified for appointment.

**Physical Agility Exam**

**SATURDAY, JUNE 16 & 23, 2018 - 9:00 A.M.**

**TONAWANDA HIGH SCHOOL-enter door #1 off main parking lot**

**600 Fletcher St.**

**Tonawanda, NY 14150**

If you are interested in participating in the Agility test, please follow these instructions:

- \* Wear appropriate gym attire
- \* Bring recent photo ID
- \* Bring the filled out and notarized accident form with you (provided with this letter).
- \* Bring a physician's statement with you indicating that you are in good physical condition and able to take the test.

You will not be allowed to participate without the completed accident waiver and physician's statement.

If you have completed a NYS pre-employment Police Officer Academy or another NYS Civil Service agency Police Agility test within one year of the date of this physical agility test, you may submit your passing PT results in lieu of taking this test. You must provide documentation prior to date of this test.

The agility test standards are:

<b>Male</b>	<b>Sit-Ups in 1 minute</b>	<b>Push-Ups</b>	<b>1.5 Mile Run</b>
20-29	38	29	12:38
30-39	35	24	12:58
<b>Female</b>			
20-29	32	15	14:50
30-39	25	11	15:43

If you have any questions concerning the above, please contact me Monday-Friday, 9:00 a.m. - 1:00 p.m.

Best Regards,

Monica Ljiljanich  
Executive Secretary

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