

# CA Physical Fitness Testing 2025 Schedule

## JCS Home Study & JCS-LIVE



### Who?

All students in grades  
**5, 7 and 9**

### What?

- PACER
- Push-up
- Curl-up
- Shoulder stretch
- Trunk lift

## Dates & Locations

### San Diego County

#### La Mesa

Friday, March 7<sup>th</sup> @ 9:00  
JCS-Manzanita Middle Campus  
7200 Parkway Drive

#### Ramona

Monday, March 17<sup>th</sup> @ 2:00  
Grace Community Church  
1234 Barger Place

#### Encinitas

Tuesday, March 18<sup>th</sup> @ 10:00  
Oakcrest Park  
1219 Encinitas Blvd.

#### Pine Valley

Friday, March 21<sup>st</sup> @ 9 a.m.  
JCS-Pine Valley Campus  
28876 Old Hwy 80

### Riverside County

#### Temecula option 1

Friday, March 7<sup>th</sup> 9:00-11:00  
JCS-PH 6-12 Academy  
29141 Vallejo Ave.  
*NOTE: Come anytime 9:00-11:00*

#### Temecula option 2

Wednesday, March 19<sup>th</sup> 1:30-3:00  
JCS-PH 6-12 Academy  
29141 Vallejo Ave.  
*NOTE: Come anytime 1:30-3:00*

#### Palm Desert

Wednesday, March 12<sup>th</sup> @ 1:00 p.m.  
University Park East  
74902 University Park Dr.  
*NOTE: Meet at the basketball court*

### Orange County

#### Irvine

Thursday, March 27<sup>th</sup> @ 10 a.m.  
Bill Barber Memorial Park  
*NOTE: Meet at the park closest to the street and Harvard Avenue/San Juan parking lot.*

### IMPORTANT NOTE

This schedule is for JCS Home Study & LIVE students ONLY!

JCS Home Study and JCS-LIVE students will work with their Educational Facilitator to select a PFT date and test site.

JCS Academy students will take the PFT on a regularly scheduled Academy day (typically during the student's P.E. time) and you do not need to schedule the test.

**Remember! Students should come wearing appropriate fitness attire.**

The FITNESSGRAM test should take approximately 40 minutes to complete. For more information please contact Hillary Gaddis at [hgaddis@jcs-inc.org](mailto:hgaddis@jcs-inc.org).