



Empowering young women to become heroes in their community by developing leadership skills, confidence and the courage to serve others.



## The Experience of a Lifetime

The Iowa Hero Academy is a one-of-a-kind opportunity for young women (ages 16-18) in Central Iowa to explore careers in firefighting, policing and the military. This camp is run by the Des Moines Fire and Police Departments and the Iowa National Guard. It will take place **July 26<sup>th</sup> – July 31<sup>st</sup>** at Camp Dodge in Johnston, Iowa. This five-day, overnight camp is designed to encourage and challenge you to push your boundaries and discover potential career opportunities through hands-on activities.

- Hands on training in firearms/ munitions, defensive tactics, hydrant and hose handling, search and rescue drills, CSI skills and more.
- Daily physical training exercises to prepare for professional physical requirements.
- Training and drills in firefighting, law enforcement and military exercises and decision-making.
- Guest speakers including local heroes, emergency leaders and elected officials.



## Apply Today

[DSM.city/iowaHeroes](https://DSM.city/iowaHeroes)

Applications open:

**February 9<sup>th</sup> – April 25<sup>th</sup>**



**Iowa Hero Academy**



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