

FST 2025 – 2026 Short Course Schedule

Effective 9/2/2025

Comp Prep 1			Comp Prep 2		
Monday	6:00 – 6:45 pm	Carmody	Monday	6:45 – 7:30 pm	Carmody
Wednesday	5:00 – 5:45 pm	Lilley Gulch	Wednesday	5:45 – 6:30 pm	Lilley Gulch
Friday	5:00 – 5:45 pm	Lilley Gulch	Friday	5:45 – 6:30 pm	Lilley Gulch
			Saturday	8:00 – 9:00 am	Ridge
Bronze 1			Bronze 2		
Tuesday	6:30 – 7:30 pm	Lilley Gulch	Monday	6:30 – 7:30 pm	Lilley Gulch
Thursday	6:30 – 7:30 pm	Lilley Gulch	Tuesday	6:30 – 7:30 pm	Ridge
Friday	6:30 – 7:30 pm	Ridge	Wednesday	6:30 – 7:30 pm	Lilley Gulch
Saturday	8:00 – 9:00 am	Ridge	Thursday	6:30 – 7:30 pm	Ridge
			Friday	6:30 – 7:30 pm	Lilley Gulch
Silver			Saturday	7:00 – 8:00 am	Ridge
Monday	6:30 – 7:30 pm	Ridge	Gold		
Tuesday	6:30 – 7:30 pm	Ridge	Monday	5:00 – 6:30 pm	Lilley Gulch
Wednesday	6:30 – 7:30 pm	Ridge	Tuesday	5:00 – 6:30 pm	Lilley Gulch
Thursday	6:30 – 7:30 pm	Ridge	Wednesday	5:00 – 6:30 pm	Ridge
Friday	6:30 – 7:30 pm	Ridge	Thursday	5:00 – 6:30 pm	Lilley Gulch
Saturday	7:00 – 8:30 am	Ridge	Friday	5:00 – 6:30 pm	Ridge
			Saturday	6:30 – 8:30 am	Ridge
Senior Prep			Senior 1		
Monday	5:00 – 6:30 pm	Ridge	Monday	5:00 – 6:30 pm	Ridge
Tuesday	5:00 – 6:30 pm	Ridge	Tuesday	5:00 – 6:30 pm	Ridge
Wednesday	5:00 – 6:30 pm	Ridge	Wednesday	5:30 – 7:00am	Carmody
Thursday	5:00 – 6:30 pm	Ridge	Thursday	5:00 – 6:30 pm	Ridge
Friday	5:00 – 6:30 pm	Ridge	Friday	4:45 – 6:45pm	Carmody
Saturday	6:15 – 8:45 am	Carmody	Saturday	6:30 – 8:00 am	Ridge
Senior 2					
Monday	5:00 – 7:00 am	Carmody			
	4:30 – 6:30 pm	Carmody			
Tuesday	4:45 – 6:45 pm	Carmody			
Wednesday	5:30 – 7:00 am	Carmody			
	4:15 – 6:45 pm	Carmody			
Thursday	4:45 – 6:45 pm	Carmody			
Friday	5:30 – 7:00 am	Carmody			
	4:15 – 6:45 pm	Carmody			
Saturday	6:15 – 8:15 am	Carmody			