

Inspire: Luton Sports Village

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Accurate as of 15/05/2026

Times for Tuesday 4 June



Time	Session	Facility
05:30 - 07:00	Swim Club	Competition Pool (50m)
06:00 - 09:00	Lane Swim (25m Reduced Lanes)	Competition Pool (50m)
06:30 - 07:30	Swim Fit	Competition Pool (50m)
06:45 - 09:00	Staff Training	Competition Pool (50m)
07:00 - 08:15	Staff Training	Community Pool (20m)
08:30 - 09:15	Aqua Fit	Community Pool (20m)
09:30 - 11:55	School Swimming	Competition Pool (50m)
09:30 - 12:00	School Swimming	Community Pool (20m)
09:30 - 15:00	Lane Swim (32m Reduced Lanes)	Competition Pool (50m)
12:15 - 13:00	Women-Only Aqua Zumba®	Community Pool (20m)
13:25 - 14:00	School Swimming	Community Pool (20m)
13:25 - 15:00	School Swimming	Competition Pool (50m)
15:10 - 15:50	Hydra Health	Community Pool (20m)
15:30 - 19:00	Lane Swim (25m Reduced Lanes)	Competition Pool (50m)
16:00 - 18:00	Learn to Swim	Community Pool (20m)
16:00 - 19:30	Learn to Swim	Competition Pool (50m)
16:00 - 20:00	Learn to Dive	Competition Pool (50m)
18:00 - 20:00	Swim Club	Competition Pool (50m)
18:15 - 19:45	Disabled Swim (Bookable Session)	Community Pool (20m)
19:15 - 19:45	FloatFit Balance	Competition Pool (50m)
20:00 - 20:50	Aqua Fit	Community Pool (20m)

Time	Session	Facility
20:30 - 22:00	Swim Club	Competition Pool (50m)
20:30 - 22:00	Lane Swim (50m Reduced Lanes)	Competition Pool (50m)