

Inspire: Luton Sports Village

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Accurate as of 15/05/2026

Times for Thursday 6 June



Time	Session	Facility
05:30 - 07:00	Swim Club	Competition Pool (50m)
06:00 - 09:00	Lane Swim (50m Reduced Lanes)	Competition Pool (50m)
06:45 - 09:15	Leisure Swim With Lanes	Community Pool (20m)
09:30 - 10:15	Aqua Fit	Community Pool (20m)
09:30 - 12:00	School Swimming	Competition Pool (50m)
09:30 - 15:00	Lane Swim (32m Reduced Lanes)	Competition Pool (50m)
10:25 - 10:55	Aqua Babies	Community Pool (20m)
11:00 - 11:30	Aqua Babies	Community Pool (20m)
11:35 - 12:20	Leisure Swim	Community Pool (20m)
12:25 - 13:10	Aqua Zumba (FOL)	Community Pool (20m)
13:25 - 14:45	School Swimming	Community Pool (20m)
13:25 - 14:45	School Swimming	Competition Pool (50m)
14:50 - 15:45	Hydra Health	Community Pool (20m)
15:30 - 16:30	Hydra Health	Competition Pool (50m)
15:30 - 16:45	Lane Swim (25m)	Competition Pool (50m)
16:00 - 19:45	Learn to Swim	Community Pool (20m)
16:30 - 18:30	Learn to Swim	Competition Pool (50m)
17:00 - 21:00	Swim Club	Competition Pool (50m)
17:00 - 21:00	Lane Swim (25m Reduced Lanes)	Competition Pool (50m)
20:10 - 21:00	Women-Only Aqua Fit	Community Pool (20m)
21:15 - 22:00	Leisure Swim	Community Pool (20m)