

Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 09/05/2025

Times for Monday 17 February



Time	Session
5:30 am - 7:00 am	Swim Club
6:00 am - 9:00 am	Lane Swim (50m Reduced Lanes)
6:45 am - 7:45 am	Lane Swim (20m)
8:00 am - 8:45 am	Aqua Step
9:00 am - 10:00 am	Staff Training
9:30 am - 3:00 pm	Lane Swim (32m Reduced Lanes)
10:15 am - 12:00 pm	Leisure Swim
10:30 am - 11:30 am	Dive Camp
12:30 pm - 1:15 pm	Adult Women-Only (Bookable Session)
1:45 pm - 2:30 pm	Fun Time Splash! (Deep Water 1.2m)
2:00 pm - 3:00 pm	Dive Camp
2:45 pm - 3:45 pm	Leisure Swim
3:30 pm - 6:45 pm	Lane Swim (25m Reduced Lanes)
4:00 pm - 6:30 pm	Learn to Swim
4:00 pm - 7:00 pm	Learn to Swim
6:00 pm - 10:00 pm	Swim Club
7:15 pm - 10:00 pm	Leisure Swim
9:15 pm - 10:00 pm	Lane Swim (25m)