

# Inspire Competition Pool

## Inspire: Luton Sports Village

Accurate as of 13/05/2026

### Times for Tuesday 5 August



Time	Session
5:30 am - 7:00 am	Swim Club
6:00 am - 9:00 am	Lane Swim (25m Reduced Lanes)
6:30 am - 7:30 am	Swim Fit
6:45 am - 9:00 am	Staff Training
7:00 am - 8:15 am	Staff Training
8:30 am - 9:15 am	Aqua Fit
9:30 am - 10:30 am	Leisure Swim
9:30 am - 3:00 pm	Lane Swim (25m Reduced Lanes)
11:00 am - 12:00 pm	Private Booking
12:15 pm - 1:00 pm	Women-Only Aqua Zumba®
1:30 pm - 2:15 pm	Fun Time Splash! (Deep Water 1.2m)
2:20 pm - 3:05 pm	Fun Time Splash! (Deep Water 1.2m)
3:10 pm - 3:50 pm	Hydra Health
3:30 pm - 7:00 pm	Lane Swim (25m Reduced Lanes)
4:00 pm - 6:00 pm	Learn to Swim
4:00 pm - 7:30 pm	Learn to Swim
4:00 pm - 8:00 pm	Learn to Dive
6:00 pm - 8:00 pm	Swim Club
6:15 pm - 7:45 pm	Disabled Swim (Bookable Session)
7:15 pm - 7:45 pm	FloatFit Balance
8:00 pm - 8:50 pm	Aqua Fit

**Time****Session**

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8:30 pm - 10:00 pm

Swim Club

8:30 pm - 10:00 pm

Lane Swim (50m Reduced Lanes)

9:00 pm - 10:00 pm

Leisure Swim