

Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 17/04/2026

Times for Saturday 21 March



Time	Session
6:50 am - 7:50 am	Leisure Swim
7:00 am - 8:00 pm	Private Booking
8:00 am - 8:45 am	Aqua Zumba®
9:00 am - 1:00 pm	Learn to Swim
1:10 pm - 1:55 pm	Fun Time Splash! (Shallow Water 0.86m)
2:05 pm - 2:50 pm	Fun Time Splash! (Deep Water 1.2m)
3:00 pm - 3:45 pm	Leisure Swim (Banded Sessions)
4:15 pm - 5:00 pm	Men & Children-Only