

# Inspire Competition Pool

## Inspire: Luton Sports Village

Accurate as of 28/04/2026

### Times for Tuesday 28 April



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 - 11:55 am	School Swimming
9:30 am - 12:00 pm	School Swimming
9:30 am - 3:00 pm	Lane Swim (32m Reduced Lanes)
12:15 pm - 1:00 pm	Women-Only Aqua Zumba®
1:25 pm - 3:00 pm	School Swimming
1:25 pm - 3:00 pm	School Swimming
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**

---

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