Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 28/04/2026

Times for Thursday 30 April

Time	Session
5:30 am - 7:00 am	Swim Club
6:00 am - 9:00 am	Lane Swim (50m Reduced Lanes)
6:45 am - 9:15 am	Leisure Swim With Lanes
9:30 am - 10:15 am	Aqua Fit
9:30 am - 12:00 pm	School Swimming
9:30 am - 3:00 pm	Lane Swim (32m Reduced Lanes)
10:25 am - 10:55 am	Aqua Babies
11:00 am - 11:30 am	Aqua Babies
11:35 am - 12:20 pm	Leisure Swim
12:25 pm - 1:10 pm	Aqua Zumba (FOL)
1:25 pm - 2:45 pm	School Swimming
1:25 pm - 2:45 pm	School Swimming
2:50 pm - 3:45 pm	Hydra Health
3:30 pm - 4:30 pm	Hydra Health
3:30 pm - 4:45 pm	Lane Swim (25m)
4:00 pm - 7:45 pm	Learn to Swim
4:30 pm - 6:30 pm	Learn to Swim
5:00 pm - 9:00 pm	Swim Club
5:00 pm - 9:00 pm	Lane Swim (25m Reduced Lanes)
8:10 pm - 9:00 pm	Women-Only Aqua Fit
9:15 pm - 10:00 pm	Leisure Swim