

# Inspire Competition Pool

## Inspire: Luton Sports Village

Accurate as of 28/07/2026

| Times for Monday 27 July |                                     |
|--------------------------|-------------------------------------|
| 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                           |
| 9:30 am - 10:30 am       | Leisure Swim                        |
| 9:30 am - 3:00 pm        | Lane Swim (25m Reduced Lanes)       |
| 10:45 am - 11:45 am      | Private Booking                     |
| 12:00 pm - 12:45 pm      | Adult Women-Only (Bookable Session) |
| 1:30 pm - 2:30 pm        | Fun Time Splash! (Deep Water 1.2m)  |
| 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                           |
| 7:30 pm - 8:30 pm        | Private Booking                     |
| 9:00 pm - 10:00 pm       | Leisure Swim                        |
| 9:15 pm - 10:00 pm       | Lane Swim (25m)                     |