

Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 28/07/2026

Times for Wednesday 29 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 - 9:15 am	Leisure Swim With Lanes
9:30 am - 10:30 am	Aqua Fit
9:30 am - 3:00 pm	Lane Swim (32m Reduced Lanes)
10:45 am - 11:45 am	Private Booking
12:15 pm - 1:15 pm	Women-Only Swim Lessons
12:15 pm - 1:15 pm	Disabled Swim (Dive Pit 1.2m)
1:45 pm - 2:45 pm	Fun Time Splash! (Deep Water 1.2m)
2:00 pm - 3:00 pm	Dive Camp
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 Reduced Lanes)
3:30 pm - 9:00 pm	Learn to Dive
4:00 pm - 7:15 pm	Learn to Swim
5:00 pm - 9:00 pm	Swim Club
7:00 pm - 9:00 pm	Lane Swim (25m Reduced Lanes)
7:35 pm - 8:25 pm	Aqua Fit
8:35 pm - 10:00 pm	Leisure Swim