

Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 28/07/2026

Times for Thursday 30 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 - 10:15 am	Aqua Fit
9:30 am - 3:00 pm	Lane Swim (32m Reduced Lanes)
10:15 am - 11:00 am	Inflatable Fun – Adult & Child – Gladiator Run
10:45 am - 11:45 am	Private Booking
11:15 am - 12:00 pm	Inflatable Fun – Adult & Child – Gladiator Run
12:15 pm - 1:00 pm	Inflatable Fun – Adult & Child – Gladiator Run
12:25 pm - 1:10 pm	Aqua Fit (FOL)
1:45 pm - 2:45 pm	Fun Time Splash! (Deep Water 1.2m)
2:50 pm - 3:45 pm	Hydra Health
3:30 pm - 4:30 pm	Hydra Health
3:30 pm - 9:00 pm	Lane Swim (25m Reduced Lanes)
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
8:10 pm - 9:00 pm	Women-Only Aqua Fit
9:15 pm - 10:00 pm	Leisure Swim