

Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 28/07/2026

Times for Friday 31 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 - 7:15 am	FloatFit HIIT
7:30 am - 8:30 am	Lane Swim (20m)
7:30 am - 8:30 am	Swim Fit
8:45 am - 9:30 am	Aqua Step
9:30 am - 3:00 pm	Lane Swim (25m Reduced Lanes)
9:45 am - 10:45 am	Aqua Fit
11:00 am - 12:00 pm	Private Booking
12:15 pm - 1:00 pm	Women-Only Hydra Health
1:15 pm - 7:45 pm	Learn to Swim
2:00 pm - 3:00 pm	Dive Camp
3:30 pm - 5:45 pm	Learn to Dive
3:30 pm - 7:00 pm	Lane Swim (25m Reduced Lanes)
4:00 pm - 6:30 pm	Learn to Swim
6:00 pm - 9:00 pm	Swim Club
8:00 pm - 9:00 pm	Adult Women-Only (Bookable Session)