

Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 28/07/2026

Times for Monday 3 August		
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 - 10:00 am	Aqua Babies	
9:30 am - 3:00 pm	Lane Swim (32m Reduced Lanes)	
10:05 am - 10:35 am	Aqua Babies	
10:40 am - 11:10 am	Aqua Tots	
11:15 am - 11:55 am	Aquanatal	
12:00 pm - 12:45 pm	Adult Women-Only (Bookable Session)	
1:15 pm - 2:30 pm	School Swimming	
1:15 pm - 2:30 pm	School Swimming	
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)	