

# Inspire Competition Pool

## Inspire: Luton Sports Village

Accurate as of 09/09/2026

| Times for Saturday 12 September |                                        |
|---------------------------------|----------------------------------------|
| Time                            | Session                                |
| 6:50 am - 7:50 am               | Leisure Swim                           |
| 7:00 am - 12:00 pm              | Swim Club                              |
| 8:00 am - 8:45 am               | Aqua Zumba®                            |
| 8:00 am - 12:00 pm              | Lane Swim (25m Reduced Lanes)          |
| 9:00 am - 1:00 pm               | Learn to Swim                          |
| 10:00 am - 12:00 pm             | Learn to Swim                          |
| 12:30 pm - 5:00 pm              | Leisure Swim with Lanes (25m)          |
| 1:10 pm - 1:55 pm               | Fun Time Splash! (Shallow Water 0.86m) |
| 2:05 pm - 2:50 pm               | Fun Time Splash! (Deep Water 1.2m)     |
| 3:00 pm - 3:45 pm               | Leisure Swim (Banded Sessions)         |
| 4:15 pm - 5:00 pm               | Men & Children-Only                    |