Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 22/11/2026

Times for Tuesday 3 November

Time	Session
5:30 am - 7:00 am	Swim Club
5:30 am - 3:45 pm	Lane Swim (25m Reduced Lanes)
6:45 am - 9:00 am	Staff Training
7:00 am - 8:00 am	Swim Fit
7:00 am - 8:15 am	Staff Training
8:30 am - 9:15 am	Aqua Fit
9:30 am - 12:00 pm	School Swimming
12:15 pm - 1:00 pm	Women-Only Aqua Zumba®
1:25 pm - 3:00 pm	School Swimming
3:10 pm - 3:50 pm	Hydra Health
4:00 pm - 6:00 pm	Learn to Swim
4:00 pm - 7:30 pm	Learn to Swim
4:00 pm - 8:00 pm	Lane Swim (25m Reduced Lanes)
6:00 pm - 8:00 pm	Swim Club
6:15 pm - 7:45 pm	Disabled Swim (Bookable Session)
8:00 pm - 8:50 pm	Aqua Fit
8:30 pm - 10:00 pm	Swim Club
8:30 pm - 10:00 pm	Lane Swim (25m Reduced Lanes)
9:00 pm - 10:00 pm	Leisure Swim