Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 22/11/2026

Times for Wednesday 4 November

Time	Session
5:30 am - 7:00 am	Swim Club
5:30 am - 4:45 pm	Lane Swim (25m Reduced Lanes)
6:45 am - 8:45 am	Leisure Swim With Lanes
9:00 am - 10:00 am	Aqua Fit
10:10 am - 11:55 am	School Swimming
12:15 pm - 1:15 pm	Women-Only Swim Lessons
2:00 pm - 2:30 pm	Learn to Swim
2:50 pm - 3:45 pm	Hydra Health
3:30 pm - 4:30 pm	Hydra Health
4:00 pm - 7:15 pm	Learn to Swim
5:00 pm - 9:00 pm	Swim Club
7:00 pm - 10:00 pm	Lane Swim (25m Reduced Lanes)
7:35 pm - 8:25 pm	Aqua Fit
8:35 pm - 10:00 pm	Leisure Swim