Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 22/11/2026

Times for Thursday 5 November

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