Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 22/11/2026

Times for Monday 9 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 - 7:45 am	Lane Swim (20m)
8:00 am - 8:45 am	Aqua Step
9:30 am - 10:00 am	Aqua Babies
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
2:45 pm - 3:45 pm	Leisure Swim
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	Leisure Swim
9:00 pm - 10:00 pm	Lane Swim (25m Reduced Lanes)
9:00 pm - 10:00 pm	Leisure Swim