Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 22/11/2026

Times for Saturday 14 November

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 - 4:00 pm	Leisure Swim with Lanes (25m)
12:30 pm - 5:00 pm	Learn to Dive
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