Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 22/11/2026

Times for Sunday 15 November

Time	Session
7:50 am - 8:35 am	Aqua Fit
8:00 am - 12:00 pm	Swim Club
8:00 am - 12:00 pm	Lane Swim (25m Reduced Lanes)
8:45 am - 9:30 am	Aqua Fit
9:45 am - 1:15 pm	Learn to Swim
12:30 pm - 4:00 pm	Leisure Swim with Lanes (25m)
1:25 pm - 2:10 pm	Fun Time Splash! (Shallow Water 0.86m)
2:20 pm - 3:05 pm	Fun Time Splash! (Deep Water 1.2m)
3:15 pm - 4:00 pm	Leisure Swim (Banded Sessions)
4:30 pm - 5:15 pm	Women & Children-Only (Banded Session)
4:30 pm - 8:00 pm	Swim Club
5:45 pm - 6:45 pm	Leisure Swim (Banded Sessions)
6:55 pm - 7:50 pm	Leisure Swim (Banded Sessions)