

Inspire Community Pool

Inspire: Luton Sports Village

Accurate as of 15/05/2026

Times for Tuesday 5 May



| Time | Session |
|--------------------|----------------------------------|
| 5:30 am - 7:00 am | Swim Club |
| 6:00 am - 9:00 am | Lane Swim (25m Reduced Lanes) |
| 6:30 am - 7:30 am | Swim Fit |
| 6:45 am - 9:00 am | Staff Training |
| 7:00 am - 8:15 am | Staff Training |
| 8:30 am - 9:15 am | Aqua Fit |
| 9:30 am - 11:55 am | School Swimming |
| 9:30 am - 12:00 pm | School Swimming |
| 9:30 am - 3:00 pm | Lane Swim (32m Reduced Lanes) |
| 12:15 pm - 1:00 pm | Women-Only Aqua Zumba® |
| 1:25 pm - 2:00 pm | School Swimming |
| 1:25 pm - 3:00 pm | School Swimming |
| 3:10 pm - 3:50 pm | Hydra Health |
| 3:30 pm - 7:00 pm | Lane Swim (25m Reduced Lanes) |
| 4:00 pm - 6:00 pm | Learn to Swim |
| 4:00 pm - 7:30 pm | Learn to Swim |
| 4:00 pm - 8:00 pm | Learn to Dive |
| 6:00 pm - 8:00 pm | Swim Club |
| 6:15 pm - 7:45 pm | Disabled Swim (Bookable Session) |
| 7:15 pm - 7:45 pm | FloatFit Balance |
| 8:00 pm - 8:50 pm | Aqua Fit |

Time**Session**

8:30 pm - 10:00 pm

Swim Club

8:30 pm - 10:00 pm

Lane Swim (50m Reduced Lanes)

9:00 pm - 10:00 pm

Leisure Swim