

# Inspire Community Pool

## Inspire: Luton Sports Village

Accurate as of 15/05/2026

### Times for Sunday 10 May



| Time              | Session                                |
|-------------------|--|
| 7:50 am - 8:35 am | Aqua Fit                               |
| 8:00 am - 8:00 pm | Private Booking                        |
| 8:45 am - 9:30 am | Aqua Fit                               |
| 9:45 am - 1:15 pm | Learn to Swim                          |
| 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) |
| 5:45 pm - 7:45 pm | Leisure Swim                           |