

Inspire Community Pool

Inspire: Luton Sports Village

Accurate as of 19/06/2026

Times for Monday 15 June



| Time | Session |
|---------------------|-------------------------------------|
| 5:30 am - 7:00 am | Swim Club |
| 6:00 am - 9:00 am | Lane Swim (50m 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 |
| 9:30 am - 3:00 pm | Lane Swim (32m Reduced Lanes) |
| 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 |
| 1:15 pm - 2:30 pm | School Swimming |
| 2:45 pm - 3:45 pm | Leisure Swim |
| 3:30 pm - 6:45 pm | Lane Swim (25m Reduced Lanes) |
| 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 | Private Booking |
| 9:00 pm - 10:00 pm | Leisure Swim |
| 9:15 pm - 10:00 pm | Lane Swim (25m) |