

Inspire Community Pool

Inspire: Luton Sports Village

Accurate as of 27/08/2026

Times for Monday 17 August	
Time	Session
6:00 am - 3:45 pm	Lane Swim (25m Reduced Lanes)
6:45 am - 7:45 am	Lane Swim (20m)
8:00 am - 8:45 am	Aqua Step
8:45 am - 9:30 am	Staff Training
9:30 am - 11:30 am	Leisure Swim
9:30 am - 11:30 am	Staff Training
12:00 pm - 12:45 pm	Adult Women-Only (Bookable Session)
1:15 pm - 2:15 pm	Fun Time Splash! (Deep Water 1.2m)
2:45 pm - 3:45 pm	Leisure Swim
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 Reduced Lanes)