

Inspire Community Pool

Inspire: Luton Sports Village

Accurate as of 27/08/2026

Times for Tuesday 18 August



Time	Session
5:30 am - 7:00 am	Swim Club
6:00 am - 3:45 pm	Lane Swim (25m Reduced Lanes)
6:45 am - 9:00 am	Staff Training
7:00 am - 8:15 am	Staff Training
8:30 am - 9:15 am	Aqua Fit
10:45 am - 11:30 am	Leisure Swim
12:00 pm - 12:45 pm	Adult Women-Only (Bookable Session)
1:15 pm - 2:00 pm	Fun Time Splash! (Deep Water 1.2m)
2:15 pm - 3:00 pm	Fun Time Splash! (Deep Water 1.2m)
3:10 pm - 3:50 pm	Hydra Health
4:00 pm - 6:00 pm	Learn to Swim
4:00 pm - 7:30 pm	Learn to Swim
4:00 pm - 8:00 pm	Lane Swim (25m Reduced Lanes)
6:00 pm - 8:00 pm	Swim Club
6:15 pm - 7:45 pm	Disabled Swim (Bookable Session)
8:00 pm - 8:50 pm	Aqua Fit
8:30 pm - 10:00 pm	Swim Club
8:30 pm - 10:00 pm	Lane Swim (25m Reduced Lanes)
9:00 pm - 10:00 pm	Leisure Swim