

Inspire Community Pool

Inspire: Luton Sports Village

Accurate as of 27/08/2026

Times for Wednesday 19 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 - 9:15 am	Leisure Swim With Lanes
9:30 am - 10:30 am	Aqua Fit
10:45 am - 11:30 am	Leisure Swim
11:30 am - 12:15 pm	Staff Training
12:15 pm - 1:15 pm	Women-Only Swim Lessons
1:45 pm - 2:45 pm	Fun Time Splash! (Deep Water 1.2m)
2:50 pm - 3:45 pm	Hydra Health
3:30 pm - 4:30 pm	Hydra Health
4:00 pm - 7:15 pm	Learn to Swim
4:00 pm - 7:30 pm	Learn to Swim
5:00 pm - 9:00 pm	Swim Club
7:00 pm - 10:00 pm	Lane Swim (25m Reduced Lanes)
7:35 pm - 8:25 pm	Aqua Fit
8:35 pm - 10:00 pm	Leisure Swim