

# Inspire Community Pool

## Inspire: Luton Sports Village

Accurate as of 26/08/2026

| Times for Sunday 23 August |                                        |
|----------------------------|----------------------------------------|
| Time                       | Session                                |
| 7:50 am - 8:35 am          | Aqua Fit                               |
| 8:00 am - 12:00 pm         | Swim Club                              |
| 8:00 am - 12:00 pm         | Lane Swim (25m Reduced Lanes)          |
| 8:45 am - 9:30 am          | Aqua Fit                               |
| 9:45 am - 1:15 pm          | Learn to Swim                          |
| 12:30 pm - 4:00 pm         | Leisure Swim with Lanes (25m)          |
| 1:25 pm - 2:10 pm          | Fun Time Splash! (Deep Water 1.2m)     |
| 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) |
| 4:30 pm - 8:00 pm          | Swim Club                              |
| 5:45 pm - 6:45 pm          | Leisure Swim (Banded Sessions)         |
| 6:55 pm - 7:50 pm          | Leisure Swim (Banded Sessions)         |