

Inspire Community Pool

Inspire: Luton Sports Village

Accurate as of 28/09/2026

Times for Wednesday 30 September



Time	Session
5:30 am - 7:00 am	Swim Club
6:00 am - 3:45 pm	Lane Swim (25m Reduced Lanes)
6:45 am - 8:45 am	Leisure Swim With Lanes
9:00 am - 10:00 am	Aqua Fit
10:45 am - 11:15 am	Aqua Tots
11:20 am - 11:50 am	Aqua Tots
12:15 pm - 1:15 pm	Women-Only Swim Lessons
1:25 pm - 2:45 pm	School Swimming
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
5:00 pm - 9:00 pm	Swim Club
7:30 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