# Inspire Community Pool

## Inspire: Luton Sports Village

**Accurate as of 24/11/2026**

### Times for Tuesday 10 November

| Time | Session |
|---|---|
| 5:30 am - 7:00 am | Swim Club |
| 5:30 am - 3:45 pm | Lane Swim (25m Reduced Lanes) |
| 6:45 am - 9:00 am | Staff Training |
| 7:00 am - 8:00 am | Swim Fit |
| 7:00 am - 8:15 am | Staff Training |
| 8:30 am - 9:15 am | Aqua Fit |
| 9:30 am - 12:00 pm | School Swimming |
| 12:15 pm - 1:00 pm | Women-Only Aqua Zumba® |
| 1:25 pm - 3:00 pm | School Swimming |
| 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 |