

Inspire: Luton Sports Village

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Accurate as of 22/12/2024

Times for Monday 23 December



Time	Session	Facility
05:30 - 07:00	Swim Club	Competition Pool (50m)
06:00 - 09:00	Lane Swim (50m Reduced Lanes)	Competition Pool (50m)
06:45 - 07:45	Lane Swim (20m)	Community Pool (20m)
08:00 - 08:45	Aqua Step	Community Pool (20m)
09:30 - 10:45	Leisure Swim	Community Pool (20m)
09:30 - 15:00	Lane Swim (32m Reduced Lanes)	Competition Pool (50m)
11:00 - 12:00	Private Booking	Community Pool (20m)
12:20 - 13:20	Aqua Fit (FOL)	Competition Pool (50m)
12:30 - 13:15	Adult Women-Only (Bookable Session)	Community Pool (20m)
13:45 - 14:45	Fun Time Splash! (Deep Water 1.2m)	Community Pool (20m)
15:30 - 18:30	Leisure Swim	Community Pool (20m)
15:30 - 18:45	Lane Swim (25m Reduced Lanes)	Competition Pool (50m)
18:00 - 22:00	Swim Club	Competition Pool (50m)
19:00 - 22:00	Leisure Swim	Community Pool (20m)
21:15 - 22:00	Lane Swim (25m)	Competition Pool (50m)