

Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 21/01/2025

Times for Monday 27 January



Time	Session
5:30 am - 7:00 am	Swim Club
6:00 am - 9:00 am	Lane Swim (50m Reduced Lanes)
6:45 am - 7:45 am	Lane Swim (20m)
8:00 am - 8:45 am	Aqua Step
9:30 am - 10:00 am	Aqua Babies
9:30 am - 10:40 am	Leisure Swim (Dive Pit 1.2m)
9:30 am - 3:00 pm	Lane Swim (32m Reduced Lanes)
10:05 am - 10:35 am	Aqua Babies
10:50 am - 11:20 am	School Swimming
10:50 am - 11:55 am	School Swimming
11:35 am - 12:20 pm	Aquanatal
12:20 pm - 1:20 pm	Aqua Fit (FOL)
12:30 pm - 1:15 pm	Adult Women-Only (Bookable Session)
1:25 pm - 1:55 pm	School Swimming
1:25 pm - 2:40 pm	School Swimming
2:50 pm - 3:45 pm	Leisure Swim
3:30 pm - 6:45 pm	Lane Swim (25m Reduced Lanes)
4:00 pm - 6:30 pm	Learn to Swim
4:00 pm - 7:00 pm	Learn to Swim
6:00 pm - 10:00 pm	Swim Club
7:15 pm - 10:00 pm	Leisure Swim

Time

Session

9:15 pm - 10:00 pm

Lane Swim (25m)