

# INSPIRE COMMUNITY POOL Term Time Timetable

MONDAY			Lane Swim 06:45-07:45	Aqua Step 08:00-08:45		Aqua Babies 09:30-10:00	School Swimming 10:15-12:10	Adult Women 12:15-13:00	School Swimming 13:25-14:30	Leisure Swim 14:45-15:45	Learn to Swim 16:00-19:00	Aqua Fit 19:15-20:00	Leisure Swim 20:15-22:00			
TUESDAY			Staff Training 07:00-08:15	Aqua Fit 08:30-09:15			School Swimming 09:30-12:00	Women Only Aqua Zumba® 12:15-13:00	School Swimming 13:25-15:00	Hydra Health 15:10-15:50	Learn to Swim 16:00-18:00	Disabled Swim 18:15-19:45	Aqua Fit 20:00-21:00	Leisure Swim 21:10-22:00		
WEDNESDAY			Lane Swim 06:45-07:45	Leisure Swim 08:00-09:15		Aqua Fit 09:30-10:30	Aqua Tots 10:45-11:15	Aqua Tots 11:20-11:50	Women Only Swim Lesson 12:15-13:00	School Swimming 13:25-14:45	Hydra Health 14:50-15:45	Learn to Swim 16:00-19:45		Leisure Swim 20:00-22:00		
THURSDAY			Lane Swim 06:45-07:45	Leisure Swim 08:00-09:15		Aqua Fit 09:30-10:15	Aqua Babies 10:25-10:55	Aqua Babies 11:00-11:30	Aqua Fit (FOL) 11:35-12:20	Aqua Fit (FOL) 12:30-13:15	School Swimming 13:25-14:45	Hydra Health 14:50-15:45	Learn to Swim 16:00-19:45		Women Only Leisure Swim 20:15-21:00	Leisure Swim 21:15-22:00
FRIDAY			FloatFit HIIT 06:45-07:15	Lane Swim 07:30-08:30	Aqua Step 08:45-09:30	Aqua Fit 09:45-10:45	Aqua Tots 10:55-11:25	Aqua Tots 11:30-12:00	Women Only Hydra Health 12:15-13:00		Learn to Swim 13:15-19:45			Women Only Lane Swim 20:00-21:00		
SATURDAY				Aqua Zumba® 08:00-08:45			Learn to Swim 09:00-13:15		Fun Time Splash! Shallow 13:25-14:10	Fun Time Splash! Shallow 14:20-15:05	Fun Time Splash! (Depth 1.2m) 15:15-16:00	Fun Time Splash! (Depth 1.2m) 16:15-17:00				
SUNDAY				Aqua Fit 07:50-08:35	Aqua Fit 08:45-09:30		Learn to Swim 09:45-13:15		Fun Time Splash! Shallow 13:25-14:10	Fun Time Splash! Shallow 14:20-15:05	Fun Time Splash! (Depth 1.2m) 15:15-16:00	Women & Children Only (Depth 1.2m) 16:30-17:15				

Timetable correct at time of going to print. For real time timetable please visit [www.activeluton.co.uk/swimming-timetables](http://www.activeluton.co.uk/swimming-timetables) and select Inspire: Luton Sports Village in the dropdown box under 'SELECT CENTRE'.