

Is that something for you?



Sports and leisure activities in Reykjavík



Department of Sports and Leisure in Reykjavík (ÍTR)

Fríkirkjuvegur 11

101 Reykjavík

Phone: 411-5000

Email: itr@itr.is

Homepage: www.itr.is

The development of recreation services is one of the demands of modern society. There should always be a site for leisure, educational, cultural and nurturing activities conducted under the guidance of able professionals. The Department of Sports and Leisure in Reykjavík (ÍTR) plays an important role in this respect, responding to people's expectations of improved quality of life and safer community. What people do in their spare time should be creative, pleasurable, and make a big difference for each particular individual and the society at large. ÍTR's activities are extremely multi-faceted and diverse. The Department's services are in demand among Reykjavík residents, and people have been showing appreciation of the Department's work in the past years. Experiments aimed at improving and expanding services have been well received. ÍTR's policy has first and foremost been geared towards particular fields, but now with the advent of results management and compatible results assessments, as well as the balanced score card, it becomes much easier to define the overall scope of activities.

Community Centres

Five community centres are operated in Reykjavík: Ársel, Frostaskjól, Gufunesbær, Miðberg and Tónabær. community centres dedicate their work to the free time of all Reykjavík residents, but the key emphasis is placed on working with children and teenagers. Community centres run youth centres and afterschool programmes in their respective neighbourhoods. There are 18 youth centres in Reykjavík and 33 afterschool programmes. Considerable effort is invested in offering diverse and stimulating leisure activities. Building up services for spare time is one of the demands of the time we live in.

Youth Centres

Youth Centres are retreats operated by municipalities, where young people aged 13-16 can spend their time without alcohol and narcotic substances. The role of youth Centres is to promote positive development of young people, helping them to become more independent – both in actions and social interaction – and making them more able to face up to life's challenges. Youth Centres seek to foster social maturity and strengthen individuals' responsibility and independence. They try to accommodate the needs of 13-16 year-old teenagers for constructive and rewarding social work. The emphasis in youth Centres run by ÍTR (Department of Sports and Leisure in Reykjavík) is placed on diversity of operations, and on reaching out to those teenagers who need the community's support.

Afterschool programmes

Afterschool programmes offer diverse spare time activities after the conventional school day for 6 – 9-year-olds ends. In their activities, they are guided by the principle that each individual should be able to come into one's own and develop in an environment defined by warmth, security and respect. Afterschool programmes stress the development of social skills in interaction through play and work, as well as self-respect and respect towards others and one's environment. Afterschool programmes seek to implement democratic work procedures, increasing children's ability to form independent views and impact their environment and circumstances. Serving children with special needs is organised separately by each afterschool programme in cooperation with parents, schools and other specialised agencies dealing with children.

Afterschool Activities

ÍTR's spare time course is a recreational activity offered to children aged 10-12 after the conventional school day ends. Activities offered include chess, drama, dance, etc.

Overview over Community Centres and Youth Centres in Reykjavik

Community Centre Ársel

Rofabær, 110 Reykjavík

Phone: 567-1740

Email: arsel@itr.is

Homepage: www.arsel.is

Youth Centre Fókus, Ingunnarskóli

Community Centre Frostaskjól

Frostaskjól 2, 107 Reykjavík

Phone: 411-5700

Email: frostaskjol@itr.is

Homepage: www.frostaskjol.is

Youth Centre 1000g1, Austurbæjarskóli

Community Centre Gufunesbær

Gufunesvegur, 112 Reykjavík

Phone: 520-2300

Email: gufunes@gufunes.is

Homepage: www.gufunes.is

Youth Centre Engyn, Engjaskóli

Youth Centre Fjörgyn, Foldaskóli

Youth Centre Flógyn, Kjalarnes

Youth Centre Frígyn, Víkurskóli

Youth Centre Græðgyn, Hamraskóli

Youth Centre Nagyn, Húsaskóli

Youth Centre Sængyn, Borgaskóli

Youth Centre Sigyn, Rimaskóli

Community Centre Miðberg

Gerðuberg 1, 111 Reykjavík

Phone: 557-3550

Email: midberg@itr.is

Homepage: www.midberg.is

Youth Centre Hólmasel, Hólmasel 4-6

Community Centre Tónabær

Safamýri 28, 108 Reykjavík

Phone: 510-8800

Email: tonabaer@itr.is

Homepage: www.tonabaer.is

Youth Centre Bústaðir, Tunguvegur

Youth Centre Próttheimar, Holtavegur 11

Youth Centre, Laugalækjarskóli

Swimming Pools

The Department of Sports and Leisure in Reykjavík operates seven swimming pools. In swimming pools, the part of the city's culture associated with healthy lifestyle and natural qualities found in geothermal water and utilisation of earth heat is expressed most clearly. Much is being done to ensure safety of swimming pool guests, and all staff there receive regular training and instructions on safety-related issues.

Árbæjarlaug, Fylkisvegur

110 Reykjavík

Phone: 510-7600

Breiðholtslaug, Austurberg

111 Reykjavík

Phone: 557-5547

Grafarvogslaug, Dalhús

112 Reykjavík

Phone: 510-4600

Kjalarneslaug (Grundar area)

116 Reykjavík

Phone: 566 6879

Laugardalslaug, Sundlaugarvegur

104 Reykjavík

Phone: 553-4039

Sundhöllin, Reykjavík, Barónsstígur

101 Reykjavík

Phone: 551-4059

Vesturbæjarlaug, Hofsvallagata

107 Reykjavík

Phone: 551-5004

Nauthólsvík Geothermal Beach

In summer 2000, the spectacular Geothermal Beach at Nauthólsvík was opened. Powerful seawalls were raised and yellow sand distributed. The enclosure now forms a beautiful lagoon where cold sea water and hot water flow together. The Geothermal Beach at Nauthólsvík is open between May 15 and September 15 from 10 a.m. until 8 p.m. all week. You will find changing and showering facilities for bathing guests and refreshings are sold on site. In front of the service centre, there is a long pool with 30°-35°C (86°F-95°F) warm water.

Summer Activities

In summer, ÍTR offers varied summer courses. Summer courses held by ÍTR and their schedules are under constant review as far as the supply of courses and age group composition are concerned. This ongoing work is partially reflected in courses offered this summer. ÍTR's course programme is geared for participants to perform constructive, interesting and creative work – outdoors and indoors, with a strong focus, however, on outdoor activities and games. ÍTR organises field trips, as well as trips to swimming pools, sea cruises, beach hikes and orienteering games, to name just a few activities. If the weather is bad, good conditions for games and other activities are found indoors. You can choose between whole-day courses and afternoon ones.

Siglunes

Siglunes, Nauthólsvík

Phone: 551-3177
Email: siglunes@itr.is

Siglunes is an adventure centre by the sea, where vigorous and courageous kids are given an opportunity to find their strengths and adventure spirit. At Siglunes, sailing, mountain bike and adventure courses are offered for children aged 9 – 15.

Skiiing area

Fríkirkjuvegur 11, 101 Reykjavík
Phone: 530-3000
Email: skidi@skidasvaedi.is
Homepage: www.skidasvaedi.is

Hitt húsið

Pósthússtræti 3-5, 101 Reykjavík
Phone: 520-4600
Email: hitthusid@hitthusid.is
Homepage: www.hitthusid.is

Hitt Húsið, or “The Other House”, opened its doors in 1991 after the concept of a community centre for young people aged 16-25 had been under review of The Department of Sports and Leisure in Reykjavík – ÍTR – for some time. Initially, Hitt Húsið was located on the premises of what used to be the old Þórskaffi bar on Brautarholt Street, and was primarily operated as a dance hall for young people. It soon, however, became apparent that young people needed more content-rich and constructive work in the field of arts, culture and education. Since then, Hitt Húsið started to gradually assume the role of culture and information centre providing various types of assistance and consultation to young people, for example helping them carry forward their ideas.

Fjölskyldu-og húsdýragarðurinn

Hafráfell, Engjavegur, 104 Reykjavík
Phone: 575-7800
Homepage: www.husdyragardur.is

The objective of the Family Park is to provide diverse services to family people, as well as to help them to spend their free time together. The concept behind the development of the Family Park is “seeing, learning, being and doing”. The Family Park places much emphasis on environmental issues and environment-friendly equipment, such as electric cars and bicycles, is used as much as possible in the Park. The park is stocked with a range of equipment for games, which is chosen with a view to visitors doing as much as possible themselves, apart from being designed to serve all age groups.

Reykjavik Youth Council

Reykjavik Youth Council is a democratic forum for young people up to the age of 18 years, serving to facilitate the exchange of issues and, consequently, representatives. The Council seeks to make all voices, needs and interests of children and youth heard, accommodated and implemented.

Primary Schools Student Council

The Student Council consist of democratically elected representatives of students with the purpose of organising social activities at schools. The role of the Student Council is to act as an advisory body for school administrations, advising on issues important to pupils of any age. It organises winter social activities in cooperation with extracurricular activities teachers, presenting its work schedules to school management.

SAMFÉS

Hitt húsið
Póstustræti 3-5, 101 Reykjavík
Homepage: www.samfes.is

Samfés –The National Youth Club Organization of Iceland – is a social association of those municipal governments who started directing attention to issues of youth and spare time. Among the members of the Association are, for example, youth, community and neighbourhood centres, as well as offices of youth issues representatives. One of Samfés’ roles is to increase information exchange and consistency of information, as well as to mediate educational activities at home and abroad. From the moment the Organization was founded, its membership has increased considerably. Now, there are over 80 youth centres /youth issues offices around the entire country.

SPORTS ACTIVITIES IN REYKJAVÍK

Many kinds of sports are enjoyed in Reykjavík. Most societies listed here below are members in the Reykjavík Sports Association (ÍBR). ÍBR is a regional association of sports societies for Reykjavík. The purpose of ÍBR is to work towards the advancement and organisation of sports activities in Reykjavík, attend to cooperation with municipal authorities / ÍTR on behalf of its members, take a lead in joint sports issues in the district, as prescribed by ÍSÍ's Articles.

Aikido

Aikikai Reykjavík

Faxafen 8, 108 Reykjavík

Mailbox: 881-0083

Email: aikido@aikido.is

Homepage: <http://here.is/aikido>

Badminton

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík

Phone 510-5300

Email: skrifstofa@kr.is

Homepage: www.kr.is/badminton

Tennis og Badmintonfélag Reykjavíkur

Gnoðarvogur 1, 104 Reykjavík

Phone: 581-2266

Email: tbr@tbr.is

Homepage: www.tbr.is

Tennis

Ungmennafélagið Fjölnir

Íþróttamiðstöðin Dalhús 2, 112 Reykjavík

Phone: 567-2085

Email: fjolnir@fjolnir.is

Homepage: www.fjolnir.is

Knattspyrnufélagið Víkingur

Traðarland 1, 108 Reykjavík

Phone: 581-3245

Email: vikingur@vikingur.is

Homepage: www.vikingur.is

Knattspyrnufélagið Þróttur

Engjavegur 7, 104 Reykjavík

Phone: 580-5900

Email: trottur@trottur.is

Homepage: www.trottur.is

Volleyball

Íþróttafélagið Fylkir

Fylkisvegur, 110 Reykjavík

Phone: 567-6467

Email: fylkir@fylkir.com

Homepage: www.fylkir.com

Knattspyrnufélagið Þróttur

Engjavegur 7, Laugardalur, 104 Reykjavík

Phone: 580-5900

Email: trottur@trottur.is

Homepage: www.trottur.is

Table Tennis

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík
Phone: 510-5300
Email: skrifstofa@kr.is
Homepage: www.kr.is

Knattspyrnufélagið Víkingur

Traðarland 1, 108 Reykjavík
Phone: 581-3245
Email: vikingur@vikingur.is
Homepage: www.vikingur.is

Dancing

Dansípróttafélagið Gulltoppur

Bolholt 8, 105 Reykjavík
Phone: 553-6645
Email: eiriksson@islandia.is

Ípróttafélag Reykjavíkur

Skógarsel 12, 109 Reykjavík
Phone: 557-5013
Email: bjarni@landsteinar.is
Homepage: www.ir-dans.com

Dance Schools

Dansfélagið Hvönn

Homepage: www.islandia.is/danshusid
Dansskóli Heiðars Ásvaldssonar
Brautarholt 4, 105 Reykjavík
Phone: 552-0345

Dansskóli Jóns Péturs og Köru

Boltholt 8, 105 Reykjavík
Phone: 553-6645
Homepage: www.dansskoli.is

Danssmiðjan

Sóltún 3, 105 Reykjavík
Homepage: www.danssmidjan.is

Jazzballet JSB

Lágmúli 9, 108 Reykjavík
Phone: 581-3730
Email: jsb@jsb.is
Homepage: www.jsb.is

Klassíski listdansskólinn

Álfabakki 14a, 109 Reykjavík
Phone: 587-9030
Homepage: www.ballet.is

Listdansskóli Íslands

Engjateigur 1, 105 Reykjavík
Phone: 588-9188
Email: listdans@listdans.is
Homepage: www.listdans.is

Kramhúsið

Skólavörðustígur 12, 101 Reykjavík
Phone: 551-5103 and 551-7860
Homepage: www.kramhusid.is

Gymnastics

Glímfélagið Ármann

Sóltún 15, 105 Reykjavík
Phone: 561-8470
Email: fimleikar@simnet.is
Homepage: www.armenningar.is

Ungmennafélagið Fjölnir

Dalhús 2, 112 Reykjavík
Phone: 567-2085
Email: fjolnir@fjolnir.is
Homepage: www.fjolnir.is

Íþróttafélagið Fylkir

Fylkisvegur, 110 Reykjavík
Phone: 567-6467
Email: fylkir@fylkir.com
Homepage: www.fylkir.com

Athletics

Glímfélagið Ármann

Sóltún 15, 105 Reykjavík
Homepage: www.armenningar.is

Íþróttafélag Reykjavíkur

Skógarsel, 109 Reykjavík
Phone: 557-5013
Email: iradal@isholf.is
Homepage: www.irsida.is/frjalsar

Ungmennafélagið Fjölnir

Dalhús 2, 112 Reykjavík
Phone: 567-2085,
Email: fjolnir@fjolnir.is
Homepage: www.fjolnir.is

Wrestling

Glímfélagið Ármann

Sóltún 15, 105 Reykjavík
Homepage: www.armenningar.is

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík
Phone: 510-5300
Email: skrifstofa@kr.is
Homepage: www.kr.is

Golf

Golfklúbbur Reykjavíkur

Grafarholt, 113 Reykjavík
Phone: 585-0210, 585-0200
Email: gr@rgolf.is
Homepage: www.grgolf.is

Handball

Ármann/Þróttur

Laugardalur, 104 Reykjavík
Phone: 580-5900
Email: trottur@trottur.is
Homepage: www.trottur.is

Ármann

Sóltún 15, 105 Reykjavík
Homepage: www.trottur.is

Íþróttafélag Reykjavíkur

Skógarsel, 109 Reykjavík
Phone: 557-5013,
Email: iradal@isholf.is
Homepage: www.ir-handbolti.is/

Íþróttafélagið Fylkir

Fylkisvegur, 110 Reykjavík
Phone: 567-6467
Email: fylkir@fylkir.com
Homepage: www.fylkir.com

Knattspyrnufélagið Fram

Safamýri 26, 108 Reykjavík
Phone: 533-5600
Email: toti@fram.is
Homepage: www.fram.is

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík
Phone: 510-5300
Email: skrifstofa@kr.is
Homepage: www.krreykjavik.is

Knattspyrnufélagið Valur

Hlíðarendi, Laufásvegur, 101 Reykjavík
Phone: 562-3730
Email: valur@valur.is
Homepage: www.valur.is

Knattspyrnufélagið Víkingur

Traðarland 1, 108 Reykjavík
Phone: 581-3245
Email: vikingur@vikingur.is
Homepage: www.vikingur.is

Ungmennafélagið Fjölnir

Dalhús 2, 112 Reykjavík
Phone: 567-2085
Email: fjolnir@fjolnir.is
Homepage: www.fjolnir.is
Horse Riding

Íþróttadeild Fáks

Víðidalur, 110 Reykjavík
Phone: 567-2166
Email: fakur@simnet.is
Homepage: www.fakur.is

Biking

Hjólreiðafélag Reykjavíkur

Email: hfr@vortex.is
Homepage: <http://hfr.vortex.is>

Íslenski Fjallahjólaklúbburinn

Phone: 562-0099
Email: ifhk@mmedia.is
Homepage: www.mmedia.is/~ifhk/

Boxing

Hnefaleikafélag Reykjavíkur

Faxafen 8, 108 Reykjavík

Phone: 426-9464

Email: box@hnefaleikar.is

Homepage: www.hnefaleikar.is

Sports for Handicapped

Íþróttafélagið Ösp

Bogahlíð 18, 105 Reykjavík

Phone: 553-9964

Email: olliks@bakkar.is

Homepage: www.ismennt.is/not/krisg/osp/

Íþróttafélag fatlaðra

Hátún 14, 105 Reykjavík

Phone: 561-8225/561-8226

Email: ifr@ifr.is

Homepage: www.ifr.is

Judo

Glímufélagið Ármann

Sóltún 15, 105 Reykjavík

Homepage: www.armenningar.is

Júðófélag Reykjavíkur

Ármúli 17a, 108 Reykjavík

Phone: 588-3200

Email: jr@judo.is

Homepage: www.judo.is

Jiu Jitsu

Jiu jitsufélag Reykjavíkur

Faxafen 8, 108 Reykjavík

Email: wjff@wjff.com

Homepage: www.sjalfsvorn.is

Karate

Íþróttafélagið Fylkir

Fylkisvegur, 110 Reykjavík

Phone: 567-6467

Email: fylkir@fylkir.com

Homepage: <http://karate.xodus.is/>

Karatefélag Reykjavíkur

Sundlaugarhús, Laugardalur, 105 Reykjavík

Phone: 553-5025

Email: kfr@simnet.is

Homepage: www.karatedo.is/

Karatefélagið Þórshamar

Brautarholt 22, 105 Reykjavík

Phone: 551-4003

Email: thorshamar@thorshamar.is

Homepage: www.thorshamar.is

Knattspyrnufélagið Víkingur

Traðarland 1, 108 Reykjavík

Phone: 581-3245

Email: vikingur@vikingur.is

Homepage: www.vikingur.is

Ungmennafélagið Fjölnir

Dalhús 2, 112 Reykjavík
Phone: 567-2085
Email: fjolnir@fjolnir.is
Homepage: www.fjolnir.is

Bowling

Íþróttafélag Reykjavíkur

Pönglabakki 1, Keila, Mjódd, 109 Reykjavík
Phone: 557-5013
Email: iradal@isholf.is
Homepage: <http://toto.is/ir/keila/>
Keilufélag Reykjavíkur
Phone 587-5885
Email: kfr@kfr.is
Homepage: www.kfr.is

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík
Phone: 510-5300
Email: bod@mi.is
Homepage: <http://this.is/keila>

Climbing

Klifurfélag Reykjavíkur

Skútuvogur 1G, 104 Reykjavík
Phone: 553-9455
Email: fyrirspurn@klifurhusid.is
Homepage: www.klifurhusid.is/

Football

Ungmennafélagið Fjölnir

Dalhús 2, 112 Reykjavík
Phone: 567-2085,
Email: fjolnir@fjolnir.is
Homepage: www.fjolnir.is

Knattspyrnufélagið Fram

Phone: 533-5600
Safamýri 26, 108 Reykjavík
Email: toti@fram.is
Homepage: www.fram.is

Íþróttafélagið Fylkir

Fylkisvegur, 110 Reykjavík
Phone: 567-6467
Email: fylkir@fylkir.com
Homepage: www.fylkir.com

Íþróttafélag Reykjavíkur

Skógarsel, 109 Reykjavík
Phone: 557-5013
Email: iradal@isholf.is
Homepage: www.irsida.is

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík
Phone: 510-5300
Email: skrifstofa@kr.is
Homepage: www.krreykjavik.is

Íþróttafélagið Leiknir

Gerðuberg 1, 111 Reykjavík
Phone: 557-8050
Homepage: www.leiknir.com

Knattspyrnufélagið Valur

Hlíðarendi, Laufásvegur, 101 Reykjavík
Phone: 562-3730/551-2187
Email: www.valur.is

Knattspyrnufélagið Víkingur

Traðarland 1, 108 Reykjavík
Phone: 581-3245
Email: vikingur@vikingur.is
Homepage: www.vikingur.is

Knattspyrnufélagið Þróttur

Engjavegur 7, Laugardalur, 104 Reykjavík
Phone: 580-5900
Email: trottur@trottur.is
Homepage: www.trottur.is

Basketball

Ármann/Þróttur

Þróttur, Laugardal, 104 Reykjavík
Phone: 580-5900
Email: trottur@trottur.is
Homepage: www.trottur.is

Ármann

Sóltún 15, 105 Reykjavík,
Homepage: www.armenningar.is

Ungmennafélagið Fjölnir

Dalhús 2, 112 Reykjavík
Phone: 567-2085
Email: fjolnir@fjolnir.is
Homepage: www.fjolnir.is

Íþróttafélag Reykjavíkur

Skógarsel, 109 Reykjavík
Phone: 557-5013
Email: iradal@isholf.is
Homepage: www.irsida.is

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík
Phone: 510-5300
Email: skrifstofa@kr.is
Homepage: www.kr.is

Knattspyrnufélagið Valur

Hlíðarendi, Laufásvegur, 101 Reykjavík
Phone: 562-3730/551-2187
Email: valur@valur.is
Homepage: www.valur.is

Sailing

Brokey Siglingafélag Reykjavíkur

Austurbugt 3, 101 Reykjavík
Email: brokey@brokey.is
Homepage: www.brokey.is

Swimming

Glímufélagið Ármann

Sóltún 15, 105 Reykjavík

Phone: 587-9309

Homepage: www.armenningar.is

Ungmennafélagið Fjölnir

Dalhús 2, 112 Reykjavík

Phone: 567-2085

Email: fjolnir@fjolnir.is

Homepage: www.fjolnir.is

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík

Phone: 510-5300

Email: skrifstofa@kr.is

Homepage: <http://sund.kr.is>

Sundfélagið Ægir

Engjavegur 6 (3. floor), 104 Reykjavík

Phone: 581-1020

Email: aegir@aegir.is

Homepage: www.aegir.is

Íþróttafélagið Ösp

Bogahlíð 18, 105 Reykjavík

Phone: 553-9964

Email: olliks@bakkar.is

Homepage: www.ismennt.is/not/krisg/osp/

Íþróttafélag fatlaðra

Hátún 14, 105 Reykjavík

Phone: 561-8225/561-8226

Email: ifr@ifr.is

Homepage: www.ifr.is

Water Polo

Sunknattleiksfélag Reykjavíkur

Sundlaugarhús, Laugardalur, 105 Reykjavík

Email: sundpolo@sundpolo.net

Homepage: www.sundpolo.net

Chess

Skáksamband Íslands

Faxafen 12, 108 Reykjavík

Phone: 568-9141

Email: siks@simnet.is

Homepage: www.chess.is

Skákfélagið Hrókurinn

Skúlatún 4, 101 Reykjavík

Phone: 511-0920

Email: hrokurinn@hrokurinn.is

Homepage: www.hrokurinn.is

Taffélag Reykjavíkur

Faxafen 12, 105 Reykjavík

Phone: 568-1690

Email: tr@mi.is

Homepage: www.skaknet.is

Skating

Skautafélagið Björninn

Skautahöllin, Fossaleyri 1, 112 Reykjavík
Phone: 594-9696
Email: bjorninn@bjorninn.com
Homepage: www.bjorninn.com

Skautafélag Reykjavíkur

Múlavegur 1, 104 Reykjavík
Email hockey department; hockey@simnet.is
Homepage: www.skautafelag.is

Skiing

Gímufélagið Ármann

Sóltún 15, 105 Reykjavík
Email: armannski@armannski.is
Homepage: www.armannski.is/
Skiing area: Ármann/ Blá fjöll

Knattspyrnufélagið Fram

Safamýri 26, 108 Reykjavík
Phone: 533-5600
Email: toti@fram.is
Homepage: www.fram.is
Skiing area: Blá fjöll - Eldborgargil

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík
Phone: 510-5300
Email: skrifstofa@kr.is
Homepage: http://kr.is/skidi
Skiing area: Skálafell

Íþróttafélag Reykjavíkur

Skógarsel, 109 Reykjavík
Phone: 557-5013
Email: iradal@isholf.is
Homepage: www.irsida.is
Skiing area: Hengilssvæðið

Knattspyrnufélagið Víkingur

Traðarland 1, 108 Reykjavík
Phone: 581-3245
Email: vikingur@vikingur.is
Homepage: www.vikingur.is
Víkingur Skiing area: Hengill

Squash

Skvassfélag Reykjavíkur

Stórhöfði 17, 110 Reykjavík
Phone: 577-5566
Email: veggssport@veggssport.is
Homepage: www.veggssport.is

Fencing

Skyldingafélag Reykjavíkur
Gymnasium, Melaskóli, 101 Reykjavík
Phone: 511-2840
Email: khb@ihlutir.is
Homepage: www.skyldingar.is

Gliding

Sviffflugfélag Íslands

Phone: 587-8730

Email: sportflug@simnet.is

Homepage: www.sviffflug.com

Taekwondo

Íþróttafélag Reykjavíkur

Skógarsel, 109 Reykjavík

Phone: 557-5013

Email: iradal@isholf.is

Homepage: www.taekwondo.is/ir/

Glímufélagið Ármann

Próttaraheimili, Laugardalur, 104 Reykjavík

Homepage: www.armenningar.is

Ungmennafélagið Fjölnir

Dalhús 2, 112 Reykjavík

Phone: 567-2085

Email: fjolnir@fjolnir.is

Homepage: www.fjolnir.is

Sports School for Children of 3-6 Years of Age

When children reach the age of 3 years or older, their parents now enjoy a better opportunity to take them to a sports school. Such schools have been operated for quite a few years by many sports clubs in the capital city area, and undoubtedly in more areas. This is an ideal way to show children how much fun it can be to move, which also often opens their parents' eyes on how their children enjoy trying their strengths at various tasks. It is a delight to watch how much children can learn by being inside a gymnasium with other kids like themselves. At sports schools, children participate in general and specialised motion courses, engage in sports and play together with their parents. Diverse schedules, accommodating the needs of each and every child, are emphasised.

The following agencies operate sports schools for children aged 3-6:

Glímufélagið Ármann

Sóltún 15, 105 Reykjavík

Phone: 561-8470

Homepage: www.armenningar.is

Toddlers 3-6 years. Sports Centre Ármann on Saturdays

Ungmennafélagið Fjölnir

Dalhús 2, 112 Reykjavík

Phone: 567-2085

Email: fjolnir@fjolnir.is

Homepage: www.fjolnir.is

Sports school for 3-6 year olds. Two age groups: 3-4 and 5-6. Sports Centre Hamraskóli on Saturdays.

Knattspyrnufélagið Fram

Gymnasium: Phone: 533-5600

Safamýri 26, 108 Reykjavík

Email: toti@fram.is

Homepage: www.fram.is

Sports school for 3-6 year olds. Two age groups: 3-4 and 5-6. Sports Centre Álftamýraskóli on Saturdays.

Íþróttafélagið Fylkir

Fylkisvegur, 110 Reykjavík

Phone: 567-6467

Email: fylkir@fylkir.com

Homepage: www.fylkir.com

Sports school for 3-5 year olds. Sports Centre Árbæjarskóli on Saturdays.

Íþróttafélag Reykjavíkur

Skógarsel, 109 Reykjavík

Phone: 557-5013

Email: iradal@isholf.is

Homepage: www.irsida.is

Sports school for 3-6 year olds. Two age groups: 3-4 and 5-6. Once a week on Mondays or Wednesdays in the afternoon at the ÍR Centre in Skógarsel.

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík

Phone: 510-5300

Email: skrifstofa@kr.is

Homepage: www.kr.is

Sports school for 3-6 year olds. Two age groups: 3-4 and 5-6. Sports Centre KR on Saturday mornings.

Knattspyrnufélagið Víkingur

Tráðarland 1, 108 Reykjavík

Phone: 581-3245

Email: vikingur@vikingur.is

Homepage: www.vikingur.is

Sports school for 3-6 year olds. Two age groups: 3-4 and 5-6. Víkingur Sports Centre on Saturday mornings.

Sports Schools for 6 year-olds: Cooperation between afterschool programmes, ÍTR, primary schools in Reykjavík and sports clubs in Reykjavík.

Reykjavík City offers all 6 years old children at Reykjavík primary schools free access to sports schools twice a week. The schools are for children of 6 years, and are operated by sports clubs in Reykjavík within the framework of afterschool programmes, which the Department of Sports and Leisure in Reykjavík operates after the end of school day. The key objective of sports schools is to enable children to experience sports in a positive way, taking part in them on their own terms. Teaching consists of basic training in gymnastics in play format referencing most sports disciplines. The emphasis is placed on participation of each and everyone, not results or victory.

Ármann/Próttur

Phone: 580-5900/561- 8170

Ármann and Próttur cooperate with the schools Langholtsskóli and Vogaskóli.

Fylkir

Phone: 567-6467

Fylkir cooperates with the schools in the areas Árbær and Selás.

Víkingur

Phone: 581-3245

Víkingur cooperates with the schools Fossvogsskóli and Breiðagerðisskóli.

Fjölnir

Phone: 587-4085

Fjölnir cooperates with all primary schools in Grafarvogur.

KR

Phone: 510-5300

KR cooperates with all primary schools in Vesturbær.

ÍR

Phone: 587-7080

ÍR cooperates with all primary schools in Breiðholt.

Valur

Phone: 562-3730

Valur cooperates with the schools Austurbæjarskóli, Háteigsskóli and Hlíðaskóli.

Fram

Phone: 533-5600

Fram cooperates with the schools Álfamýrarskóli and Hvassaleitisskóli.

Litli Íþróttaskólinn – ‘The Little Sports School’:

The school is open on Saturdays on the premises of Styrkarfélagið lamaðra og fatlaðra (Sponsoring Organisation for Paralytic and Disabled) on Háaleitisbraut. Children from 18 months to approximately three years of age can take part; they are split into age groups.

For information, turn to Mínerva, phone 699-1900 and Inga Lára, phone 868-7116

Motion practice for toddlers and babys – Hreyfigreining

Höfðabakki 9

phone 511-1575 (www.hreyfigreining.is) Children from approx. 10 months to 24 months can participate.

Visual Arts

Myndlistarskólinn

JL house, Hringbraut NR, 107 Reykjavík
Phone 551-1990
Email: mynd@myndlistaskolinn.is
Homepage: www.myndlistaskolinn.is,

Music Schools

Tónlistarskóli Sigursveins

Engjateigur 1, 105 Reykjavík
Phone: 568-5828
Email: tsdk@ismennt.is
Homepage: http://tsdk.ismennt.is

Tónlistarskóli Grafavogs

Hverafold 15, 111 Grafarvogi
Phone: 567-6680
Email: skrifstofa@tongrof.is
Homepage: www.tongraf.is

Tónlistarskóli Reykjavíkur

Skipholt 23, 105 Reykjavíkur
Phone: 553-0625
Homepage: www.tono.is

Tónmenntaskóli Reykjavíkur

Lindargata 51, 101 Reykjavík
Phone: 563-8477
Email: tms@ismennt.is
Homepage: http://tms.is

Tónskólinn Do re mi

Frostaskjól 2, 107 Reykjavík
Phone: 551-4900,
Email: doremi@tondoremi.is

Tónlistarskóli Árbæjar

Fylkisvegur 6, 110 Reykjavík
Phone: 587-1664

Tónheimar

Faxafen 9, 108 Reykjavík
Phone: 553-2010
Email: tonheimar@tonheimar.is

Gítarskóli Ólafs Gauks

Síðumúli 17, 108 Reykjavík
Phone: 588-3730
Homepage: www.gitarskoli-olgauchs.is

Gítarskóli Íslands

Síðumúli 29
108 Reykjavík
Phone: 581-1281
www.gitarskoli.com

Scouts

The Icelandic Scouts movement is part of the international Scouts movement which consists of around 38 million members in most countries of the world. Scouts activities are intended for children and teenagers between 8 and 18 years of age looking for challenge, adventure, friendship, belonging, responsibility for their environment and working towards a better and more peaceful world. Scouts try to achieve that, for example, by engaging in outdoor activities, attending weekly meetings to work in variable projects and participate in international Scouts activities. Scouts learn to be always prepared – scouting makes an adventure for every child.

Skátamiðstöðin Hraunbær 123

Phone: 586-1911
Email: arbuar@skatar.is
Homepage: www.skatar.is/arbuar

Skátaheimili Tindasel 3

Phone: 567-0319
Email: segull@segull.org
Homepage: www.segull.org

Skátaheimili Hólmgarður 34

Phone: 588-8099
Email: solveigsig@gmail.is

Skátaheimili Logafold 106

Phone: 587-3088
Email: hamar@scout.is
Homepage: www.scout.is/hamar

Skátaheimili Háuhlið 9

Phone: 561-0071
Email: landnemi@landnemi.is
Homepage: www.landnemi.is

Skátaheimili Sólheimar 21a

Phone: 568-6802
Email: skjoldungar@skatar.is
Homepage: www.skjoldungar.is

Skátaheimili Gymnasium Hagaskóli,

Neshagi 3
Phone: 552-3565
Email: skati@skati.is
Homepage: www.skati.is

Religious Communities

Ásatrúafélagið

Grandagarður 8, 101 Reykjavík
Phone: 561-8633
Email: asatru@asatru.is
Homepage: www.asatru.is

Bahá'í

Aldagata 2, 101 Reykjavík
Phone: 567-0344
Email: nsa@bahai.is
Homepage: www.bahai.is

KFUM and KFUK

KFUM and KFUK are independent organisations, sharing the principles of the Icelandic Evangelic Lutheran Church. They wish to work inside the Church and with the Church, although they remain independent and have their own leadership. In their activities, they pursue to participate in the Church's baptismal educational work, assisting parents with the religious education of their children. Youth departments of KFUM and KFUK are intended for young people aged 13-16. Their meeting schedules are both diverse and enjoyable, with each group meeting once a week. Each February, youth groups travel out of town to Vatnaskógur for a national meeting.

Breiðholtskirkja

Pangabakki 5, 109 Reykjavík
Phone: 587-1500
Homepage: www.kirkjan.is/breidholtskirkja

Fella- and Hólakirkja

Hólaberg 88, 111 Reykjavík
Phone: 557-3280
Homepage: www.kirkjan.is/annall/fella-holakirkja

Grafavogskirkja at Fjörgyn

Logafold, 112 Reykjavík
Phone: 587-9070
Email erna@grafarvogskirkja.is
Homepage: www.grafarvogskirkja.is

Grensáskirkja

Háaleitisbraut 66, 103 Reykjavík
Phone: 580-0800
Email: grensaskirkja@kirkjan.is
Homepage: www.kirkjan.is/grensaskirkja

Neskirkja

Hagatorg 107 Reykjavík
Phone: 511-1560
Email: neskirkja@neskirkja.is
Homepage: www.neskirkja.is

Háteigskirkja

Háteigsvegur 27 – 29, 105 Reykjavík
Phone: 511-5400
Homepage: www.kirkjan.is/hateigskirkja

Hallgrímskirkja

Skólavörðuholt, 121 Reykjavík
Phone: 510-1000
Homepage: www.hallgrimskirkja.is

Rules for Being Outdoors

Between September 1 and May 1

Children under **12 years** are allowed outdoors until **20.00**

Children aged **13-16 years** are allowed outdoors until **22:00**

Between May 1 and September 1

Children under **12 years** are allowed outdoors until **22.00**

Children aged **13-16 years** are allowed outdoors until **24:00**

Rules for being outdoors are set under the Child Protection Acts. Children may not be outdoors later than the above mentioned hours unless accompanied by adults. Children aged 13-16 years are also exempted from these rules if on the way home from a licenced school, sports or youth organisation activity. The age of the child corresponds to its year of birth.

Parents, let's cooperate

