

Is that something for you?



Sports, communal and leisure activities in Reykjavík



Bæjarhálsi

111 Reykjavik

Phone: 411-5015

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. Reykjavik Sports and Leisure Council (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 Council's services are in demand among Reykjavik residents, and people have been showing appreciation of the Council'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.

Leisure Centres

Six leisure centres are operated in Reykjavik: Ársel, Frostaskjól, Gufunesbær, Kampur, Kringlumýri and Miðberg. Leisure centres dedicate their work to free time of all Reykjavik residents, but the key emphasis is placed on working with children and youth. Leisure centres run community centres and recreation homes in their respective neighbourhoods. There are 22 community centres in Reykjavik and 13 recreation homes. 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.

Recreation Homes

Recreation homes 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. At the recreational homes the development of social skills in interaction is stressed through play and work, as well as self-respect and respect towards others and one's environment. Recreational homes 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 recreational home in cooperation with parents, schools and other specialised agencies dealing with children.

Spare Time Activities

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

Community Centres

Community Centres are retreats operated by municipalities, where young people aged 13-16 can spend their time without alcohol and narcotic substances. The role of Community 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. Community 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 Community Centres run by ÍTR (Reykjavik Sports and Leisure Council) is placed on diversity of operations, and on reaching out to those teenagers who need the community's support.

An Overview of the Rekjavík Leisure Centers

Ársel

Ársel Leisure Center
Rofabær, 110 Reykjavík
Phone: 567-1740
Email: arsel@itr.is
Homepage: www.arsel.is

Frostaskjól

Frostaskjól Leisure Center
Frostaskjól 2, 107 Reykjavík
Phone: 411-5700
Email: frostaskjol@itr.is
Homepage: www.frostaskjol.is

Gufunesbær

Gufunesbær Leisure Center
Gufunesvegur, 112 Reykjavík
Phone: 520-2300
Fax: 520-2319
Email: gufunes@gufunes.is
Homepage: www.gufunes.is

Kampur

Kampur Leisure Center
Pósthússtræti 3-5, 101 Reykjavík
Email: Kampur@reykjavik.is
Homepage: www.kampur.is

Kringlumýri

Laugardalur and Háaleiti Leisure Center
Safamýri 28, 101 Reykjavík
Tel: 411-5400
Mobile: 695-5067
Fax: 411-5419
Email: kringlumyri@itr.is
Homepage: www.kringlumyri.is

Miðberg

Miðberg Leisure Center
Gerðuberg 1, 111 Reykjavík
Phone: 411-5750
Email: midberg@itr.is
Homepage: www.midberg.is

Swimming Pools

Reykjavik Sports and Leisure Council 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 swimming pools staff receive regular training and instructions on safety-related issues.

Árbæjarlaug, Fylkisvegur

110 Reykjavík
Phone: 411-5200

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: 411-5350

Sundhöllin í Reykjavík, Barónsstígur

101 Reykjavík
Phone: 551-4059

Vesturbæjarlaug, Hofsvallagata

107 Reykjavík
Phone: 411-5150

Nauthólsvík Geothermal Beach

Kampur, Leisure Center

Pósthússtræti 3-5, 101 Reykjavík.
Tel: 511-6630
Emails: arni.jonsson@reykjavik.is & ottarr.hrafnkellsson@reykjavik.is

In the summer of 2001 a service center began operations at the Geothermal Beach. There are changing rooms and showers for bathers and light refreshments are also available. Also it is possible to borrow various toys both for children and adults in addition to there being a grill on the sport. In front of the service center is a long sedentary pool and the water is around 38°C heit. On the foreshore of the beach is a jacuzzi to warm the lagoon which is also open to the public.

After closing time, the pools are emptied, and the access for hot water is closed into the lagoon. In summer, the temperature of the ocean by the beach is about 10°C, with considerable amounts of run-off water from hot water storage tanks owned by Reykjavik Energy company (Orkuveita Reykjavíkur) on Öskjuhlíð hill, the temperature of which is about 30°C, readily available. This run-off water is used to heat up the ocean water in an enclosed space in order to ensure the visitors' comfort and pleasure. The average water temperature in the lagoon is about 20°C.

Siglunes

Siglunes, Nauthólsvík

Email: Kampur Leisure Center, Pósthússtræti 3-5, 101 Reykjavík

Tel: 551-3177

Email: siglunes@itr.is

Siglunes is in fact an adventure center by the sea where hale and hearty kids can make full use of their strength and longing for adventure in the summer. In the summer there is a staff of 12 at Siglunes. The staff are from 20 to 52 years old. The staff are professional in the field of leisure activities. A very strong emphasis is placed on staff training. The staff is trained to use boats and equipment, which is used during the courses, first aid and the staff have great knowledge and experience in the subject of the courses. The Siglunes staff emphasizes that all participants are happy and that the course program is varied, maturing and fun.

Summer Activities

In summer, ÍTR offers varied summer courses which is usually operated by the leisure centers. Summer courses and their schedules are under constant review as far as the supply of courses and age group composition are concerned. ÍTR's course programme is geared for participants to perform constructive, interesting and creative work – outdoors and indoors. Outdoor activities and games are stressed. 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. In some instances you can choose between whole-day courses and afternoon ones.

Skiing Resorts in the Capital Area

Hitt Húsið, Pósthússtræti 3-5
101 Reykjavík

Phone: 411-5555

Fax: 411-5501

Email: skidi@skidasvaedi.is

Homepage: www.skidasvaedi.is

Hitt húsið

Pósthússtræti 3-5

101 Reykjavík

Phone: 411-5500

Fax: 411-5500

Email: hitthusid@hitthusid.is

Homepage: www.hitthusid.is

Hitt Húsið, or “The Other House”, opened its doors in 1991 after the concept of a leisure centre for young people aged 16-25 had been under review of Reykjavík Sports and Leisure Council – 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 to realise their ideas.

The Family and Domestic Animal Park (Húsdýragarðurinn)

The Family and Domestic Animal Park
Hafrafell, Engjavegur
104 Reykjavík
Phone: 575-7800
Fax: 575-7801
Email: postur@husdyragardur.is
Homepage: www.mu.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 underpinning the development of the Family Park is “seeing, learning, being and doing”. The Family Park places much emphasis on environmental issues, whereby it is attempted as far as possible to use environment-friendly equipment inside the Park, such as electric cars and bicycles. The park is stocked with a range of equipment for games, which is chosen with view to visitors doing as much as possible themselves, apart from being selected 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
Mobile: 897-5254
Homepage: www.samfes.is

Samfés – the Association of community centres in Iceland – is a social association of those in municipal governments who started directing attention to issues of youth and spare time. Among the members of the Association are, for example, community, leisure, 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 Association was founded, its membership has increased considerably. Now there are 116 community centres /youth issues offices around the entire country.

Rules for Being Outdoors

Children aged 12 and younger:

Are allowed outdoors until 20:00 in the evening and until 22:00 in the summertime, i.e. from 1 May till 1 September.

13 years:

Children of 13 years are allowed to be outdoors until 22:00 in winter, and until 24:00 in summer, from 1 May till 1 September.

They are allowed to be outdoors longer if accompanied by adults, or if they are on the way home from a licensed school, sports or youth assembly.

14 years:

Children of 14 years are allowed to be outdoors until 22:00 in winter, and until 24:00 in summer, from 1 May till 1 September.

They are allowed to be outdoors longer if accompanied by adults, or if they are on the way home from a licensed school, sports or youth assembly.

15 years:

Children of 15 years are allowed to be outdoors until 22:00 in winter, and until 24:00 in summer, from 1 May till 1 September.

They are allowed to stay outdoors longer if accompanied by adults, or if they are on the way home from a licensed school, sports or youth assembly.

SPORTS ACTIVITIES IN REYKJAVÍK

Many kinds of sports are enjoyed in Reykjavík. Most societies listed here below have a membership in 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

Faxafeni 8, 108 Reykjavík

Tel: 669-9374 /840-4923

Email: aikido@aikido.is

Homepage: <http://www.akido.is>

Athletics

Glímufélagið Ármann

Sóltún 15, 105 Reykjavík

Phone: 869-9171 (Stefán Jó)

Email: arnig@hi.is

Homepage: www.armeningar.is

Íþróttafélag Reykjavíkur

Skógarsel, 109 Reykjavík

Phone: 557-5013,

Email: iradal@isholf.is

Homepage: <http://www.irsida.is/frjalsar>

Ungmennafélagið Fjölnir

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

Badminton

Knattspyrnufélag Reykjavíkur

Frostaskjóli 2, 107 Reykjavík
Phone 510-5300
Email: badminton@kr.is
Homepage: www.kr.is/badminton

The Reykjavík Tennis and Badminton Society (Tennis og Badmintonfélag Reykjavíkur)

Gnoðarvogur 1, 104 Reykjavík
Phone: 581-2266
Email: tbr@tbr.is
Homepage: www.tbr.is

Basketball

Ármann/Próttur (in cooperation)

Exercises at Laugardalshöll Sports Centre,
phone 553-8990

Próttur, Laugardal,

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

Ármann

Sóltún 15, 105 Reykjavík,
Phone: 698-3760 (Ragnar)
Homepage: www.armeningar..is

Ungmennafélagið Fjölnir

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

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,
Íþróttahús: 551-1134
Email: valur@valur.is
Homepage: www.valur.is

Biking

Hjólreiðafélag Reykjavíkur

Phone: 587-7342/822-8892 (Brynjólfur)

Email: hfr@vortex.is

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

Íslenski Fjallahjólaklúbburinn

Phone: 562-0099

Email: ifhk@mmedia.is

Homepage: www.mmedia.is/~ifhk/

Bowling

Íþróttafélags Reykjavíkur

Pönglabakki 1, Keila í 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>

Boxing

Hnefaleikafélag Reykjavíkur

Faxafen 8, 108 Reykjavík

Phone: 426-9464 (4-boxing)

Email: box@hnefaleikar.is

Chess

Icelandic Chess Association

(Skáksamband Íslands)

Faxafen 12: 108 - Reykjavík

Tel: 568-9141

Email: siks@simnet.is

Homepage: www.chess.is

Hrókurinn Chess Club

(Skákfélagið Hrókurinn)

Skúlatún 4 101 Reykjavík

Tel: 511-0920

Email: hrokurinn@hrokurinn.is

Homepage: www.hrokurinn.is

Reykjavík Chess Society

(Taflfélag Reykjavíkur)

Faxafeni 12, 105 Reykjavík

Tel: 568-1690

Email: tr@mi.is

Homepage: www.skaknet.is

Climbing

Klifurfélag Reykjavíkur

Skútuvogur 1G, 104 Reykjavík

Phone: 553-9455

Email: fyrirspurn@klifurhusid.is

Homepage: www.klifurhusid.is/

Dance Schools

Dansfélagið Hvönn

Homepage: www.hovnn.com
Danskóli Heiðars Ásvaldssonar,
Bárugata 5, 101 Rvk
Phone: 551-3192
Email: heidarast@visir.is

Danskóli Jóns Péturs og Köru,

Valsheimili v/Hlíðarenda , 101 Rvk,
Phone: 553-6645
Fax: 568-3545
Homepage: www.dansskoli.is

Danssmiðjan

Tel: 826-4445
Homepage: www.danssmidjan.is

Jazzballet JSB

Lágmúli 9, 108 Reykjavík
Phone: 581-3730
Fax: 581-3732
Email: jsb@jsb.is
Homepage: www.jsb.is

Klassíski listdanskólinn,

Álfabakki 14a, in Mjóddin, 109 Reykjavík
Phone: 587-9030
Grensásvegur 14
Tel: 534-9030
Homepage: www.ballet.is

Listdanskóli Íslands

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

Kramhúsið

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

Dancing

Icelandic Sports Society (Íþróttafélag Reykjavíkur)

Skógarsel 12, 109 Reykjavík,
Phone: 587-7080
Fax: 587-7081
Email: irafgr@simnet.is
Homepage: www.irsida.com/

Fencing

Skylmingafélag Reykjavíkur

Íþróttahús Melaskóli, 101 Reykjavík
Phone: 511-2840/554-2573 (Kristmundur)
Email: khb@ihlutir.is
Homepage: www.skylmingar.is

Football

Ungmennafélagið Fjölnir

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

Knattspyrnufélagið Fram

Íþróttahús: phone: 533-5600
Safamýri 26, 108 Reykjavík
Email: toti@fram.isHYPERLINK “mailto:toti@fram.is%0BVefsíða”
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: 557-8050/869-7794 (Þórður Einarsson),
Homepage: www.leiknir.com

Knattspyrnufélagið Valur

Hlíðarendi, Laufásvegur, 101 Reykjavík
Phone: 562-3730/551-2187
Íþróttahús: 551-1134
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

Gliding

Svifflugfélag Íslands

Phone: 587-8730
Email: sportflug@simnet.is
Homepage: www.svifflug.com

Golf

Golfklúbbur Reykjavíkur

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

Gymnastics

Glímufélagið Ármann

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

Fjölnir Youth Society

(Ungmennafélagið Fjölnir)

Dalhús 2, 112 Reykjavík, (exercises take place at the Egilshöll Sports Centre)
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

Handball

Ármann/Þróttur (in cooperation)

Exercises at Laugardalshöll Phone 553-8990
Þróttur, Laugardal, 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
Íþróttahús: Phone: 533-5600,
Email: toti@fram.is
Homepage: www.fram.is

Gróttá/KR (Cooperation with KR)

Suðurströnd 170 Seltjarnarnes
Phone: 511-8029,
Email: grottasport@grottasport.is
Homepage: www.grottasport.is

Knattspyrnufélagið Valur

Hlíðarendi onLaufásvegur, 101 Reykjavík

Phone: 562-3730,

Íþróttahús: 551 1134

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

Horses

Íþróttadeild Fáks

Víðidalur, 110 Reykjavík

Phone: 567-2166,

Email: fakur@simnet.is

Homepage: www.fakur.is

Reiðskóli Reykjavíkur

Rauðás 19 110 Reykjavík

Phone 6920-889 and 897-1713

Email: eddarun@hvippinn.is

Jiu Jitsu

Jiu jitsufélag Reykjavíkur

Faxafen 8, 108 Reykjavíkur,

Email: wjff@wjff.com

Homepage: www.sjalfsvorn.is

Judo

Glimufélagið Ármann

Sóltún 15, 105 Reykjavík

Phone: 898-9680 (Andrea), 861-1286 (Sævar)

Homepage: www.armenningar.is

Júðófélag Reykjavíkur

Ármúli 17a, 108 Reykjavík

Phone 662-8055/588-3200,

Email: jr@judo.is

Homepage: www.judo.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

Reykjavík Parachute Society (Fallhlífaklúbbur Reykjavíkur)

PO-box 992, 102 Reykjavík
Tel: 860-5156
Email: fkr@klikan.com
Homepage: http://www.fkr.klauvi.is

Sailing

Brokey Siglingafélag Reykjavíkur

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

Skating

Skautafélagið Björninn

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

Skautafélag Reykjavíkur

Múlavegur 1, 104 Reykjavík
Hockeydepartment, mailbox: 878-1221
Listskautadeild Phone: 8984461
Email hockey department; hockey@simnet.is
Homepage: www.skautafelag.is

Skiing

Glimufélagið Ármann

Sóltún 15, 105 Reykjavík
Phone: 698-8799 (Hannes)
Email: armanski@armanski.is
Homepage: www.armanski.is/
Skiing area: Ármann/ Bláfjöll

Knattspyrnufélagið Fram

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

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

Squash

Skvassfélag Reykjavíkur

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

Swimming

Glímufélagið Ármann

Sóltún 15, 105 Reykjavík
Phone: 587-9309 e.17 s. 894-9061
Email: fribbi@simnet.is
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 (fatlaðir)

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

Table Tennis

Knattspyrnufélag Reykjavíkur

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

Víkingur Soccer Club (Knattspyrnufélagið Víkingur)

Traðarland 1, 108 Reykjavík
Phone: 581-3245
Fax: 588-7845
Email: vikingur@vikingur.is
Homepage: www.vikingur.is

Taekwondo

Íþróttafélag Reykjavíkur

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

Glimufélagið Ármann

Próttaraheimilinu Laugardalur, 104 Reykjavík
Phone: 865-0900 (Björn, head trainer)
Homepage: www.armenningar.is

Ungmennafélagið Fjölnir

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

The Reykavík Automobile Club (Bifreiðaíþróttaklúbbur Reykjavíkur)

Engjavegur 6, 104 Reykjavík
Tel: 824-0670
Email: bikrsport@gmail.com
Homepage: <http://www.bikr.is>

Volleyball

Íþróttafélagið Fylkir

Fylkisvegur 6, 110 Reykjavík
Phone: 567-6467
Fax: 567-6091
Email: fylkir@fylkir.net
Homepage: www.fylkir.net

Þróttur Soccer Club (Knattspyrnufélagið Þróttur)

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

Water Polo

Sunknattleiksfélag Reykjavíkur

Sundlaugarhús, Laugardalur, 105 Reykjavík

Phone: 691-2415 (Magnús)

Email: sundpolo@sundpolo.net

Homepage: www.sundpolo.net

Wrestling

Glimufélagið Ármann

Sóltún 15, 105 Reykjavík

Phone: 658-5033 (Valgeir),

Email: valgeirh@mmedia.is

Homepage: www.armenningar.is

Knattspyrnufélag Reykjavíkur

Frostaskjól 2, 107 Reykjavík

Phone: 510-5300,

Email: skrifstofa@kr.is

Homepage: www.kr.is

Ungmennafélagið Víkverji

Exercises at Breiðagerðiskóli

Árni Unnsteinsson, mobile: 693-9091

Sports School for Children of 3-6 Years of Age

When children reach the age of 3 years or more they can attend sport schools in the company of their parent. 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 schedule, accommodating the needs of each and every child, is emphasised.

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

Glimufélagið Ármann

Sóltún 15, 105 Reykjavík

Phone: 561-8470

Homepage: www.armenningar.is

Toddlers 3-6 ára. 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

Íþróttahús: 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 Álfmýraskóli 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 Community Centre ÍR 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

Traðarland 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 6-9-year-olds: Cooperation between primary schools and sport clubs

Reykjavik City offers all children at Reykjavik 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 Reykjavik under ÍBR supervision, within the framework of recreation homes which the Reykjavik Department of Sports and Leisure 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/Þróttur s. 580-5900/561- 8170

Ármanni and Þróttur cooperate with the schools Langholtsskóli and Vogaskóli.

Fylkir: www.fylkir.com s. 567-6467

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

Víkingur: www.vikingur.is phone: 581-3245

Víkingur cooperates with the schools Fossvogsskóli and Breiðagerðisskóli.

Fjölñir

www.fjolnir.is phone: 587-4085

Fjölñir cooperates with all primary schools in Grafarvogur.

KR

www.kr.is/ phone: 510-5300

KR cooperates with all primary schools in Vesturbær.

ÍR

www.irsida.is phone: 587-7080

ÍR cooperates with all primary schools in Breiðholt.

Valur

www.valur.is s. 562-3730

Valur cooperates with the schools Austurbæjarskóli, Háteigsskóli and Hlíðaskóli.

Fram

www.fram.is s. 533-5600

Fram cooperates with the schools Álfamýrarskóli and Hvassaleitisskóli.

Sports for toddlers three years old and under in Reykjavík

The following parties offer sport schools for children three years old and under in the Reykjavík area.

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) at Háaleitisbraut. Children from 18 months to approximately three years of age can take part; they are split into age groups. For further information call Mínerva, tel: 699 1900 and Inga Lára, tel: 868 7116.

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,

Námsflokkar Reykjavíkur

Miðbæjarskóli

Fríkirkjuvegur 1, 101 Reykjavík

Phone: 551-2992

Email: nfr@namsflokkar.is

Homepage: <http://vefur2.reykjavik.is/nfr/mainpage.html>

Mjódd, Þönglabakki 4, 111 Reykjavík

Phone: 567-7050

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@tongraf.is

Homepage: www.tongraf.is

Tónlistarskóli Reykjavíkur

Skipaholt 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,

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

Religious Communities

A list of religious organization outside the National Church can be found at the homepage of the Ministry of Justice.

Homepage: <http://www.domsmalaraduneyti.is/raduneyti/starfssvid/kirkjumal/upplysingar/nr/795>

Scouts

Scouts engage in outdoor activities, work to meet various challenges and participate in international scout activities. Children learn to cope themselves, without adults, which is what a scout's life is about.

Skátamiðstöðin Hraunbær 123

Phone: 586-1911

Email: arbuar@skatar.is

Homepage: www.skatar.is/arbuar

Skátaheimili Hólmgarður 34

Phone: 588-8099

Email: big0@vortex.is

Skátaheimili Arnarbakki 2

og Gerðuberg 7

Phone: 587-1020, 846-5417

Email: scout@internet.is

Skátaheimili Logafold 106

Phone: 587-3088

Email: hamar@scout.is

Homepage: www.scout.is/hamar

Skátaheimili Háuhlið 9

Phone: 561-0071

Email: arnlaugur@islandia.is

Skátaheimili Sólheimar 21a

Phone: 568-6802 og 895-2222

Email: skjoldungar@skjoldungar.is

Homepage: www.skjoldungar.is

Skátaheimili Íþróttahús Hagaskóli, Neshagi 3

Phone: 552-3565

Email: skati@skati.is

Email Chief Scout: sveinn@skati.is

Homepage: www.skati.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

