

RECREATION CARD

In 2022 the recreation grant was 50.000 kr.
In 2023 the recreation grant will be 75.000 kr.

The recreation card is a grant system to ensure all children age 6-18 years old living in Reykjavík the opportunity to participate in constructive recreation. Parents or guardians with the help of their children decide what recreation/course the child wants to attend and use the recreation grant to pay. More information about the recreation card is accessible here; <https://fristund.is/>
South Reykjavík service center
Phone number 411-1300
Email: breiðholt@reykjavik.is

EVERY CHILD CAN TAKE PART IN SOME WAY

Studies show that children in Iceland that take part in regular sport and leisure activities are less inclined to start smoking, drinking, or developing addictions to other intoxicants.

VIDEOS ON YOUTUBE

You can access more informative videos on youtube.com and search for „Þjónustumiðstöð Breiðholts“. There you will find videos in English, Thai, Polish, Arabic, Romanian, Spanish, Albanian and Lithuanian.

There you will find information about:

1. The importance of children's participation in sport and leisure activities.
2. Sport and leisure activities accessible for your child
3. How to register your child in activities.

RECREATION CENTERS

Our recreation center is called Miðberg. Miðberg provides a diverse and inclusive environment for children and teenagers between the ages of 6-16. Miðberg oversees six recreation centers for younger children and four recreation centers for older children and teenagers.

MIDBERG

www.midberg.is - midberg@rvkfri.is
Tel: 411 5750

AFTER SCHOOL CENTERS 6 - 9 YEAR OLDS

Bakkasel	1st - 4th grade	Breiðholtsskóli
Álfheimar	1st - 2nd grade	Hólabrekkuskóli
Hraunheimar	3rd - 4th grade	Fellaskóli and Hólabrekkuskóli
Vinasel	1st - 2nd grade	Seljaskóli
Vinaheimar	1st - 2nd grade	Ölduselsskóli
Regnboginn	3rd - 4th grade	Seljaskóli and Ölduselsskóli

Additionally the after school center Vinafell is run in Fellaskóli for 1st and 2nd grade.

YOUTH CENTER 10-16 YEAR OLDS

Youth centers are run by the city and are mainly led by young adults. Youth centers aim to create a diverse, safe and fun environment for all children to spend their time in after school.

111	Efra-Breiðholt	111@rvkfri.is
Hólmasel	Seljahverfi	holmasel@rvkfri.is
Bakkinn	Bakkahverfi	bakkinn@rvkfri.is

For children and teenagers 10-16 with disabilities:

Hellirinn	Kleifarsel 18	hellirinn@rvkfri.is
------------------	---------------	--

HEILSU
EFLANDI
BREIÐHOLT



Breiðholt
SPORT AND LEISURE ACTIVITIES



www.facebook.com/breiðholtid



www.instagram.com/breiðholt.is



Þjónustumiðstöð Breiðholts



SPORTS CLUBS

All of the sport clubs offer different varieties of sports and welcome children of all ages.

ÍR

www.ir.is - ir@ir.is Tel: 587 7080

Sports: Football, gymnastics, athletics, handball, basketball, judo, karate, bowling, skiing and taekwondo.

LEIKNIR

www.leiknir.com - leiknir@leiknir.com

Tel: 557 8050

Sports: Football, volleyball, basketball, cycling, and badminton

BANDY

atli.thor@gmail.com

Tel: 618 5745

ÆGIR SWIMMING CLUB

www.aegir.is - aegir@aegir.is

Tel: 820 3156

Competitive swimming for children over 4 years old.

In Iceland, going to the swimming pool to swim or hang out in the hot tub, is a big part of our culture.

Schoolchildren learn during school hours.

Competitive swimmers train with Ægir.

Ægir also offers beginners courses.

CYCLING

HJÓLAKRAFTUR

www.hjolakraftur.com - valdi@hjolakraftur.com

Tel: 848 8822

Cycling for 12-18 year olds.

CITY LIBRARY GERÐUBERG

borgarbokasafn.is/bokasofn/gerduberg

gerduberg@borgarbokasafn.is

Tel: 411 6170

The city library in Breiðholt is located on the 2nd floor of Gerðuberg Culture House.

Workshops are available in Okið. Lectures, teamwork, creative work and privacy for kids to work on their own projects.

In collaboration with Gerðuberg, the library offers children in 4th-10th grade assistance with their studies and more.

DANCE

BRYNJU PÉTURS DANCE SCHOOL

www.brynjapeturs.is

dansbrynjupeturs@gmail.com

Tel: 821 4499

Ambitious dance school that, amongst other things, emphasizes positive self image.

Dance styles: HipHop, Dancehall, Waacking, Break, House, Popping, Locking and Top Rock.

DANSGARÐURINN KLASSÍSKI LISTDANSSKÓLINN

www.dansgardurinn.is

info@ballet.is

Tel: 534 9030

Professional and diverse dance courses and performance art education.

Dance styles: Classical ballet, modern, contemporary, spinning, pointe technique and historical dance.

SCOUTS

HAFERNIR

www.hafernir.org - hafernir@skatar.is

Tel: 839 3050

SEGULL

www.skatarnir.is/segull - segull@skatar.is

Tel: 567 0319

ART CLASSES

MYNDLISTASKÓLI REYKJAVÍKUR

www.mir.is - mir@mir.is

Tel: 551 1990

MUSIC

EDDA BORG'S MUSIC SCHOOL

www.teb.is - teb@teb.is

Tel: 557 3452

Classes: Preschool and lessons on most instruments as well as 10-week courses on rhythmic instruments such as the keyboard, bass, guitar, and drums.

SIGURSVEINN'S MUSIC SCHOOL

www.tonskolisigursveins.is

tonskolisigursveins@tonskolisigursveins.is

Tel: 568 6828

Classes: Various instrument courses, Suzuki courses, music theory, ensemble, phonology, composition and production.

SCHOOL BAND - ÁRBÆR and BREIÐHOL

www.arbaer.skolahljomsveit.is

anna.sigurbjornsdottir@rvkskolar.is

Tel: 893 2213