



# Æfingatafla haust 2021

Laugardalslaug	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
Sundskóli L 2016-15 Helena			17:00-17:30*			
Svamlarar L 2016-14 Helena	15:50-16:30*		16:10-16:50*			
Sporðar L 2015-13 Arianna & Helena			15.15-16:15		15:00-16:00	
Snorklarar L 2013-10 Arianna & Helena & Jóhanna	15:15-16:15		15.15-16:15		15:00-16:00	
Syndarar 2011-08 Jóhanna & Gunnar	16:45-18:15	16:45-18:15	18:30-20:00		16:15-18:00	
Hjalti Þrek/bakka	16:30-16:45	16:30-16:45	17:30-18:15		16:00-16:15	
Sæfarar 2008 og eldri Morgunæf	05:30-07:15		05:30-07:15		16:00-18:00	08:15-10:15
Kvöldæf	16:30-18:30	16:30-18:30	18:30-20:30	18:30-20:30	16:00-18:00	10:30-11:30
Hjalti Þrek	18:45-19:45	18:45-19:45 e	17:30-18:15 y	17:15-18:15 e	15:45-16:00	

\*í útilaug

Árbæjarlaug	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
Sundskóli Á H: 1 2018-17 Ellý & Sigrún			H: 1 16:40 - 17:10			
Sundskóli Á H: 2 2017-16 Ellý & Sigrún			H: 2 17:15 - 17:45			
Sundskóli Á H: 3 Framh 2018-17 Ellý & Sigrún			H: 3 17:50 - 18:20			
Sundskóli Á H: 4 Framh 2017-16 Ellý & Sigrún			H: 4 18:25 - 18:55			
Buslarar 2016-14 Rúnar		16:30-17:10		16:30-17:10		
Svamlarar Á 2016-13 Rúnar		17:15-17:55		17:15-17:55		
Uggar 2015-13 Rúnar	16:15-17:15		16:15-17:15*			
Sporðar Á 2015-13 Rúnar		18:00-19:00*		18:00-19:00		
Fljótatarar Á 2012-09 Fadel	18:15-19:15*		18:15-19:15*			
Snorklarar Á 2013-10 Fadel	17:15-18:15*		17:15-18:15*	18:00-19:00*		
Kafarar 2012-2009 Gunnar Þrek	15:45-17:15*	15:45-17:15*	15:30-16:30* 16:45-17:30	15:45-17:30*		

\*í útilaug

Sundhöll	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
Sundskóli S 2016-15 Anna	17:10-17:40					
Sundskóli S 2018-17 Anna			17:10-17:40			
Svamlarar S 2016-14 Anna	16:25-17:05		16:25-17:05			
Sporðar S 2015-13 Anna	17:50-18:50		17:50-18:50			
Fljótatarar 2012-09 Fadel		16:40-17:40		16:40-17:40		

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[www.armenningar.is/sund](http://www.armenningar.is/sund)

Skráning fer fram á Sportabler: <https://www.sportabler.com/shop/armann/swimming>