



# Æfingatafla 2022

| Laugardalslaug   | Mánudagur                       | Þriðjudagur                      | Miðvikudagur               | Fimmtudagur                                    | Föstudagur                             | Laugardagur |
|--|---------------------------------|----------------------------------|----------------------------|--|--|-------------|
| Sundskóli L 2017-16<br>Jóhann                              |                                 | 17:45-18:15*                     |                            |  |  |             |
| Sundskóli L 2016-14<br>Jóhann & Krumma                     |                                 |                                  |                            | 17:45-18:15*                                   |  |             |
| Buslarar L 2017-16<br>Jóhann & Krumma                      |                                 | 17:00-17:40*                     |                            | 17:00-17:40*                                   |  |             |
| Svamlarar L 2017-15<br>Jóhann & Krumma                     |                                 | 16:15-16:55*                     |                            | 16:15-16:55*                                   |  |             |
| Sporðar L 2016-13<br>Elísa & Krumma                        | 16:00-17:00                     |                                  | 16:00-17:00                |  |  |             |
| Snorklarar L 2014-10<br>Elísa & Krumma                     | 16:00-17:00                     |                                  | 16:00-17:00                | 15:30-16:30                                    |  |             |
| Syndarar 2012-06<br>Jóhanna & Juan & Þurý<br>þrek          | 17:30-18:15 þrek<br>18:30-20:30 | 18:00-18:30 Bakki<br>18:30-20:30 | 16:15-18:15                | 16:15-18:30                                    | 17:00-19:00<br>Sundhöll                | 10:00-12:15 |
| Sæfarar 2009 og e<br>Morgunæf<br>Kvöldæf<br>Hjalti<br>þrek | 05:30-07:05<br>18:30-20:30      | 17:15-18:15 þrek<br>18:30-20:30  | 05:30-07:05<br>16:30-18:30 | 05:30-07:05<br>16:30-18:30<br>18:45-19:45 þrek | 05:30-07:05<br>17:00-19:00<br>Sundhöll | 10:15-12:15 |
| Garpar 2002 og eldri<br>Omar                               |                                 | 18:30-19:30                      |                            | 17:30-19:30                                    |  |             |

## \*í útilaug grunn

| Árbæjarlaug  | Mánudagur                        | Þriðjudagur  | Miðvikudagur       | Fimmtudagur  | Föstudagur                       | Laugardagur |
|--|----------------------------------|--------------|--------------------|--------------|----------------------------------|-------------|
| Sundskóli Á 2019-18<br>H: 1 Ellý & Sigrún          |                                  |              | H: 1 16:40 - 17:10 |              |                                  |             |
| Sundskóli Á 2018-17<br>H: 2 Ellý & Sigrún          |                                  |              | H: 2 17:15 - 17:45 |              |                                  |             |
| Sundskóli Á 2018-17<br>H: 3 Framh<br>Ellý & Sigrún |                                  |              | H: 3 17:50 - 18:20 |              |                                  |             |
| Sundskóli Á 2016-14<br>H: 4<br>Ellý & Sigrún       |                                  |              | H: 4 18:25 - 18:55 |              |                                  |             |
| Buslarar 2017-16<br>Ellý & Elísa                   |                                  | 17:00-17:40  |                    | 17:00-17:40  |                                  |             |
| Svamlarar Á 2016-15<br>Ellý & Elísa                |                                  | 16:15-16:55  |                    | 16:15-16:55  |                                  |             |
| Sporðar Á 2016-13<br>Guðrún Lilja                  | 16:15-17:15*                     |              | 16:15-17:15*       |              |                                  |             |
| Snorklarar 2014-10<br>Ellý                         | 17:15-18:15*                     | 17:50-18:50* |                    | 17:50-18:50* |                                  |             |
| Kafarar 2013-10<br>Ellý<br>þrek                    | 16:45-17:05 þrek<br>17:15-18:30* | 17:50-18:50* |                    | 17:50-19:05* | 15:00-15:20 þrek<br>15:30-16:30* |             |

## \*í útilaug djúp

| Sundhöll                         | Mánudagur   | Þriðjudagur | Miðvikudagur | Fimmtudagur | Föstudagur | Laugardagur |
|----------------------------------|-------------|-------------|--------------|-------------|------------|-------------|
| Sundskóli S 2019-18<br>H: 1 Anna |             |             | 17:15-17:45  |             |            |             |
| Sundskóli S 2017-16<br>H: 2 Anna | 17:15-17:45 |             |              |             |            |             |
| Sundskóli S 2017-16<br>H: 3 Anna |             |             | 16:40-17:10  |             |            |             |
| Sundskóli S 2015-14<br>H: 4 Anna | 16:40-17:10 |             |              |             |            |             |
| Fljótarar 2014-09<br>Anna        | 17:50-18:50 |             | 17:50-18:30  |             |            |             |