



Æfingatafla 2022

| Laugardalslaug | Mánudagur | Þriðjudagur | Miðvikudagur | Fimmtudagur | Föstudagur | Laugardagur |
|--|----------------------------|----------------------------|----------------------------|----------------------------|-------------|-------------|
| Sundskóli L 2017-16 Jóhann | | 17:45-18:15* | | | | |
| Sundskóli L 2016-14 Jóhann & Krumma | | | | 17:45-18:15* | | |
| Buslurar L 2017-16 Jóhann & Krumma | | 17:00-17:40* | | 17:00-17:40* | | |
| Svamlarar L 2017-15 Jóhann & Krumma | | 16:15-16:55* | | 16:15-16:55* | | |
| Sporðar L 2016-13 Elísa & Krumma | 16:00-17:00 | | 16:00-17:00 | | | |
| Snorklarar L 2014-10 Elísa & Krumma | 16:00-17:00 | | 16:00-17:00 | 15:30-16:30 | | |
| Syndarar 2012-06 Jóhanna & Juan & Þurý þrek | 18:30-20:30 17:30-18:15 | 18:00-20:30 | 16:15-18:15 18:30-19:15 | 16:15-18:30 | 18:00-20:00 | 10:00-12.15 |
| Sæfarar 2009 og e Morgunæf Kvöldæf Hjalti þrek | 18:30-20:30 | 18:30-20:30 17:15-18:15 | 16:30-18:30 | 16:30-18:30 18:45-19:45 | 18:00-20:00 | 10:15-12:15 |

*Í útiðlaug grunn

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

*Í útiðlaug djúp

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