



Sveitarfélagið
HORNAFJÖRÐUR



FREE ENTREE TO THE SWIMMING POOL

#BEACTIVE

ÍPRÓTTAVÍKA EVRÓPU

SCHEDULE



MÁNUDAGUR

25.09.2023

06:15 Sporthöllin - Stöðvaþjálfun
17:30 Sporthöllin - Jóga
20:00 Pálmar Ragnarsson í Nýheimum
20:40 Karfa old boys (bumbubolti) í Íþróttahúsinu

ÞRIÐJUDAGUR

26.09.2023

09:15 Sporthöllin - Hraustar konur
09:20 Pálmar Ragnarsson í FAS - Opinn fyrirlesetur
10:30 Sporthöllin - Heilsuþjálfun
17:10 Sporthöllin - S-Fit styrkur
18:00 Fenrir Elite - Bodyweigh Endurance
19:00 Kvenna blak í íþróttahúsinu
20:30 Karla blak í íþróttahúsinu
20:30 Pálmar Ragnarsson í Heklu - Fyrir þjálfara

MÍÐVIKUDAGUR

27.09.2023

17:30 Sporthöllin - Jóga
17:00 Opið hús hjá rafíðþróttadeildinni í Viðreisn
18:50 Badminton fyrir fullorðna í íþróttahúsinu
18:30 Hafyoga í sundlauginni.
19:30 Old boys í Bárinni

FIMMTUDAGUR

28.09.2023

06:10 Sporthöllin - Jóga
09:15 Sporthöllin - Hraustar konur
10:30 Sporthöllin - Heilsuþjálfun
17:10 Sporthöllin - S-Fit styrkur
18:50 Kvenna blak í íþróttahúsinu
20:20 Karla blak í íþróttahúsinu

THE EUROPEAN WEEK OF SPORT

The European Week of Sport is held across the continent in September every year. The aim of the sports week is to introduce sports and exercise to the public in Europe and it is intended for everyone regardless of age, background or physical condition. Special emphasis is placed on appealing to the grassroots and encouraging Europeans to unite under the slogan #BeActive in order to move more and more in their daily lives.

PÁLMAR RAGNARSSON



Pálmar Ragnarsson is a well-known lecturer and has held over 800 lectures in 8 countries. He graduated with a B.S. degree in psychology and etc. degree in business administration from the University of Iceland with an emphasis on workplace communication. He wrote the book "COMMUNICATION" where he did a big study on communication and asked about 1,3000 people over 200 questions about their communication. He also works as a basketball coach, where he has attracted a lot of attention for his positive methods in working with children and teenagers. He has given a number of lectures in municipalities and schools all over the country and is now finally on his way to us.

Open lecture for everyone

In my lecture "Positive communication" I talk in a fun way about positive communication in our daily lives, workplaces and family. I take funny examples that I relate to the audience that make people think and laugh at the same time. I also offer various tips regarding the relationship between parents and children/teenagers and how we can simplify our lives there. The main message is that we should each try to get the best out of the people around us while making our lives better and more enjoyable.

For students

In my lecture for children and teenagers, I discuss positive communication in a fun and powerful way. I thoroughly review the importance of good communication and how it can benefit students in school, sports and the future. Then I go over how you can practice good communication, for example at school, with simple things. I go over the importance of welcoming everyone, encouraging people, praising, how we can react in difficult situations, listening to teachers, coaches and parents, helping those who are teased/bullied and so on. The message is good and important, and with a powerful performance and pleasant presence, a good connection is often formed with the students.

For coaches

In my lecture "Positive communication in the training of children and young people" I discuss in a powerful way how we can apply positive methods in training young people in order to get the best out of our practitioners while at the same time we try to increase the number of practitioners in our groups. Numerous tips are given to coaches that they can use in order to make sure that all practitioners feel as if they are important within the club, that practitioners make an effort, follow instructions and listen well, have a good influence on their teammates and so on. The lecture has proved useful to many trainers all over the country and has given them various training ideas that are simple to implement.

UMF Sindri

People are encouraged to attend a trial session at UMF Sindri.

Sporthöllinn

Waiting for everyone to come to the free trial session this week

Fenrir Elíta.

Everyone welcome. Good to show up 5 minutes earlier.
Registration at fenrireelite@gmail.com

Hafyoga

Open session: Sea yoga is yoga postures done in water, but exercise in water is easier and is very good for the body.

