

DIVERSITY - TRUST - COLLABORATION - JOY

ÁRBORG Leisure Center
2026 - 2027

Published subject to change

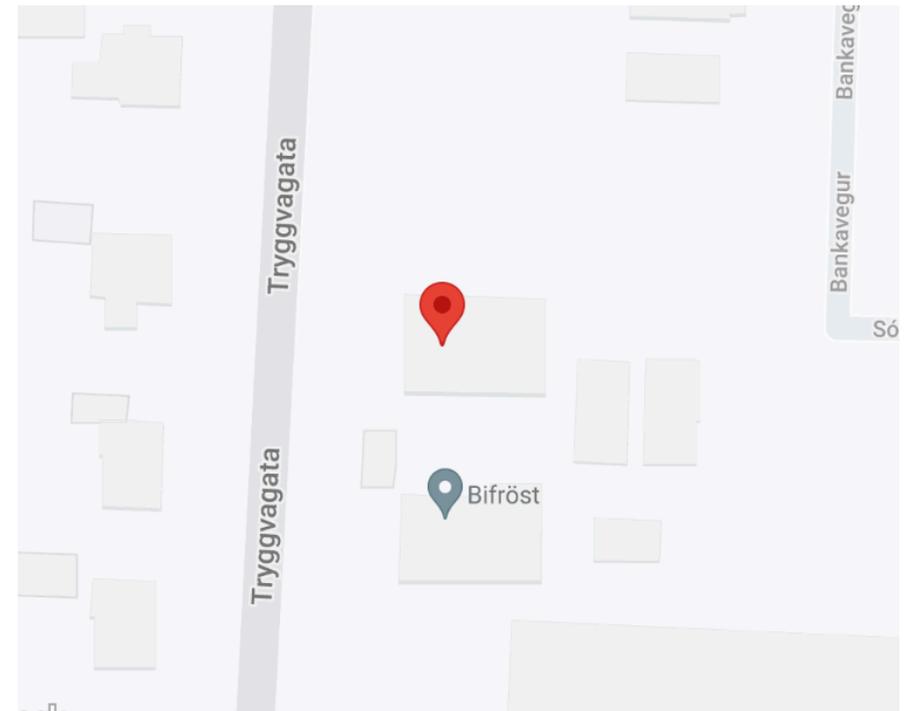
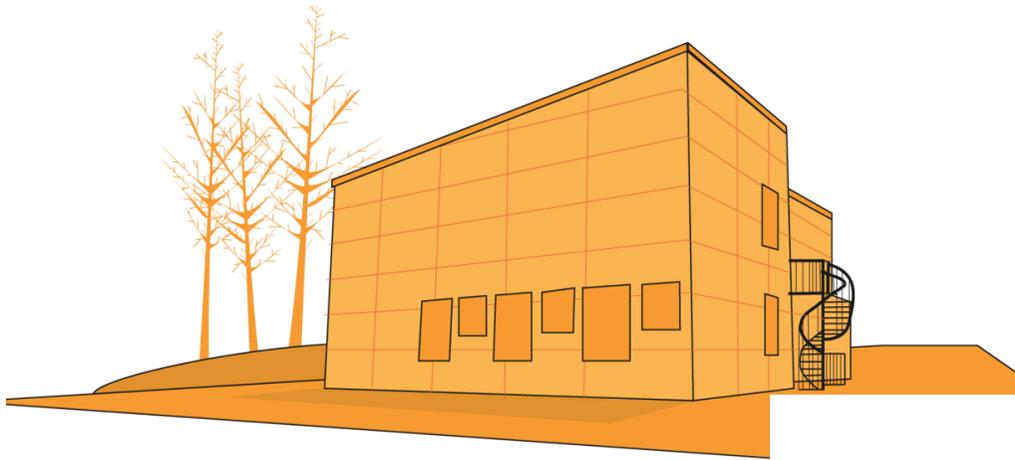


FRÍSTUNDAHEIMILIÐ
BIFRÖST

Parental Guide

Location

Our after-school program takes place in our own house called Bifröst at Tryggvagata 23b.



Registration

Bifröst's leisure centre uses the Vala registration system. There you can apply to our after-school program. In a special parental access, you can change the time of your child's stay, register other leisure activities and more. To access Vala, you need to go through "Mín Árborg". There you will see a link on the left called "frístundaheimili Árborgar" and this is where you can sign in with electronic identification.

Please note that any resignations or changes to the time of stay have to be made before the 20th of each month. The change will then take place on the 1st of the following month. If changes are made after the 19th, they will be applied in the month after next. Same applies for new applications.

Sign-up day

Sign-up days are offered for most school staff and parent days. On those days we offer participants to sign up to spend the whole day in Bifröst. You will be required to register for these days and the cost is 3.428 kr. regardless of how many hours are used, and this registration is binding. Parents or legal guardians will receive an email when we are open to registrations for these days. Bifröst leisure centre will be closed during autumn break, winter break, staff days and red days (stated in the calendar).

It is required to register children for the sign-up days, the additional cost is 3.428 kr. regardless of how many hours are used, this registration is binding. Parents or legal guardians will need access their Vala account to register their children for sign-up days.

We will send out an email to all parents or legal guardians and remind them when these days are coming up. Staff day for the staff at Bifröst will be published later.

*This calendar posted is subject to change.

CALENDAR



Frístundadagatal 2026-2027



ÁGÚST		SEPTEMBER		OKTÓBER		NÓVEMBER		DESEMBER		JANÚAR		FEBRÚAR		MARS		APRÍL		MAÍ		JÚNÍ	
Móttaka og aðlögun		Útvera og náttúran		Barnalýðræði		Vísindi og tíraunir		Jólabema		Félagsfærni		Fjölmening		Listsköpun		Barnamenning		Heilsuefning		Sumarstarf	
1 L		1 Þ		1 F		1 S		1 Þ	Fullveldisdagurinn	1 F	Njársdagur	1 M		1 M	Hinsegin vika	1 F		1 L	Verkalýsisdagurinn	1 Þ	
2 S		2 M		2 F	Starfsdagur	2 M	Skráningardagur	2 M		2 L		2 Þ		2 Þ	Hinsegin vika	2 F		2 S		2 M	
3 M	Frídagur verslunarmanna	3 F		3 L		3 Þ	Skráningardagur	3 F		3 S		3 M		3 M	Hinsegin vika	3 L		3 M		3 F	
4 Þ		4 F	Frístundamesa	4 S		4 M		4 F		4 M	Starfsdagur	4 F	Skráningardagur	4 F	Hinsegin vika	4 S		4 Þ		4 F	
5 M		5 L		5 M		5 F		5 L		5 Þ		5 F	Skráningardagur	5 F	Hinsegin vika	5 M		5 M		5 L	
6 F		6 S		6 Þ		6 F		6 S		6 M	Þrettándinn	6 L	Dagur leikskólans	6 L		6 Þ		6 F	Uppstigningardagur	6 S	Sjómamadagurinn
7 F		7 M		7 M		7 L		7 M		7 F		7 S	Dagur tónlistarskólans	7 S		7 M		7 F		7 M	
8 L		8 Þ	Dagur læsis	8 F		8 S	Baráttudagur gegn eheli	8 Þ		8 F		8 M	Bolludagur	8 M		8 F		8 L		8 Þ	
9 S		9 M		9 F		9 M		9 M		9 L		9 Þ	Sprengidagur	9 Þ		9 F		9 S		9 M	Skráningardagur
10 M		10 F		10 L		10 Þ		10 F		10 S		10 M	Öskudagur	10 M		10 L		10 M		10 F	Skráningardagur
11 Þ		11 F		11 S	Fæðingardagur forseta Íslands (HT)	11 M		11 F		11 M		11 F	Dagur íslenska táknnámsins	11 F		11 S		11 Þ		11 F	Starfsdagur
12 M		12 L		12 M		12 F		12 L		12 Þ		12 F		12 F		12 M		12 M		12 L	
13 F		13 S		13 Þ		13 F		13 S		13 M		13 L		13 L		13 Þ		13 F		13 S	
14 F		14 M		14 M		14 L		14 M		14 F		14 S		14 S		14 M		14 F		14 M	Sumarfrístund hefst
15 L		15 Þ		15 F		15 S		15 Þ		15 F		15 M	Vetrarfrí	15 M		15 F		15 L		15 Þ	
16 S		16 M	Dagur íslenskrar náttúru	16 F		16 M	Dagur íslenskrar tungu	16 M		16 L		16 Þ	Vetrarfrí	16 Þ		16 F		16 S	Hvítasunnudagur	16 M	
17 M	Sumarfrístund hefst	17 F		17 L		17 Þ		17 F		17 S		17 M		17 M		17 L		17 M	Annar í Hvítasunnu	17 F	Lýðveldisdagurinn
18 Þ		18 F		18 S		18 M		18 F	Skráningardagur	18 M		18 F		18 F		18 S		18 Þ		18 F	
19 M		19 L		19 M		19 F		19 L		19 Þ		19 F		19 F	Starfsdagur	19 M		19 M	Skráningardagur	19 L	
20 F	Fræðsludagur Árborgar	20 S		20 Þ		20 F	Dagur mannréttinda barna	20 S		20 M		20 L		20 L	Alþjóðadagur Downs heilkenn	20 Þ		20 F		20 S	
21 F		21 M		21 M		21 L		21 M	Skráningardagur	21 F		21 S	Konudagur - upphaf Góu	21 S	Pálmásunnudagur	21 M		21 F		21 M	
22 L		22 Þ		22 F	Haustrí	22 S		22 Þ	Skráningardagur	22 F	Bóndadagur - upphaf Þorra	22 M		22 M	Páskatí	22 F	Sumardagurinn fyrsti	22 L		22 Þ	
23 S		23 M		23 F	Haustrí	23 M		23 M	Skráningardagur	23 L		23 Þ		23 Þ	Páskatí	23 F		23 S		23 M	
24 M	Vetrarfrístund hefst	24 F		24 L	Fyrsti vetrardagur	24 Þ		24 F	Aðfangadagur jóla	24 S		24 M		24 M	Páskatí	24 L		24 M		24 F	
25 Þ		25 F		25 S		25 M		25 F	Jóladagur	25 M		25 F		25 F	Skírdagur	25 S	Umhverfisdagurinn	25 Þ		25 F	
26 M		26 L	Evrópski tungumáladagurinn	26 M		26 F		26 L	Annar í jólum	26 Þ		26 F		26 F	Fóstudagurinn langi	26 M		26 M		26 L	
27 F		27 S		27 Þ	Alþjóðlegi bangs dagurinn	27 F		27 S		27 M		27 L	Dagur einstakra barna	27 L		27 Þ		27 F		27 S	
28 F		28 M		28 M		28 L		28 M	Jólatí	28 F		28 S		28 S	Páskadagur	28 M		28 F		28 M	
29 L		29 Þ		29 F		29 S		29 Þ	Jólatí	29 F				29 M	Annar í Páskum	29 F		29 L		29 Þ	
30 S		30 M		30 F		30 M		30 M	Jólatí	30 L				30 Þ		30 F		30 S		30 M	
31 M				31 L	Hrekjavaka			31 F	Gamlársdagur	31 S				31 M				31 M			

GOALS AND CRITERIA FOR WORK OF LEISURE CENTERS FOR CHILDREN IN EARLY GRADES OF COMPULSORY SCHOOL

The role of leisure centers for 6-9-year-old children.
The main role of leisure centers for 6-9-year-old children is to offer content-rich leisure and free time activities in a child-friendly and creative environment in which the working methods are characterized by free play and choice.

THE AIM OF THE LEISURE CENTERS FOR 6-9-YEAR-OLD CHILDREN IS TO:	<ul style="list-style-type: none"> Offer all children participation in diverse inclusive leisure and free time activities with the goal of strengthening their self-confidence and social skills. 	<ul style="list-style-type: none"> Have a working environment characterized by safety, professionalism and respect in which positive communication and democratic working methods are highly valued in accordance with the United Nations Convention on the Rights of the Child.
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THE CHILDREN IN THE LEISURE CENTER.	GOALS	1	The children feel well, and they are safe, healthy and happy	2	The children have a strong self-image and social skills	3	The children are active participants and have equal opportunities to influence the activities and circumstances	4	The children are interested in the activities and get to highlight their strengths
	QUALITY CRITERIA	a	Children feel safe during all activities in the leisure center.	a	In the leisure center activities, the children's talents of expression and creativity are nurtured in order to strengthen their self-image and communication skills.	a	Children's perspectives are sought out when decisions are taken about the activities.	a	The work takes note of the age and maturity of the children.
	QUALITY CRITERIA	b	In the leisure center activities, antisocial behavior is countered in any form in which it may appear, such as bullying, other violence, humiliation and gender-based or other discrimination, in order to ensure the general wellbeing of children.	b	Equality is a key factor in all activities so that everyone gets to enjoy themselves on their own terms in a society of mutual respect without discrimination.	b	Free play of children gets enough space.	b	In the leisure center activities, the focus is on the strengths of the children and their interests.
QUALITY CRITERIA	c	In the leisure center activities, children are fostered according to the needs and maturity of each individual, so that they get to enjoy their childhood.	c	In the leisure center activities, children get opportunities to exchange opinions with other children and adults, mediate cases and find common solutions.	c	Children have a choice of diverse and challenging activities and take part in shaping them in collaboration with the staff.	c	Children show interest in attending the leisure center.	

WORKING METHODS AND ACTIVITIES.	GOALS	5	There is active collaboration with parents, schools, sports clubs, youth societies and others in the local community	6	The working environment is without discrimination and is characterized by warmth, safety and respect	7	Activities are diverse and creative, and they are characterized by the children's interest and development	8	Democratic work methods, initiative of children, choice and free play are dominant
	QUALITY CRITERIA	a	The director seeks active communication with school directors, school staff, parents and directors of sports clubs, youth clubs and art schools about common projects.	a	All children in the local community have full access to the leisure center.	a	Children are encouraged to be curious and to take part in diverse and demanding activities in which nature and the nearest environment are used as a platform.	a	In the work with children, democratic methods are used systematically.
	QUALITY CRITERIA	b	Parents are satisfied with the children's activities.	b	Every child takes part in the program and enjoys being together with other children.	b	Workshops and further information are offered on certain topics in which the focus is on creative work and art.	b	Children are encouraged to bring in their own ideas for activities and they are supported in shaping them and carrying them out.
QUALITY CRITERIA	c	Parents are satisfied with the communication with staff.	c	Children get appropriate support in all activities.	c	Outdoor work and events are a regular feature of the leisure center activities.	c	Children are encouraged to express their opinions in an effective and constructive way.	

HUMAN RESOURCES AND PROFESSIONAL WORK.	GOALS	9	The municipality forms a policy about the leisure center and supports professional development of the work	10	A director educated in pedagogy and education leads the work and provides professional leadership	11	The staff is capable and shows initiative in using their interests and knowledge in the work	12	The staff are positive in communication and approach all children with respect and care
	QUALITY CRITERIA	a	The municipality provides suitable training to new employees of leisure centers, encourages professional development and creates opportunities for it.	a	The director spearheads shaping the leisure center work and seeks to implement professional working methods.	a	The staff ensure diverse and constructive activities for the children.	a	The staff meet the needs of individual children so that the diversity in children's groups is appreciated.
	QUALITY CRITERIA	b	The municipality supports development and innovation in collaboration with all concerned; children, parents, staff and the local community.	b	During recruitment, all applicants should present a criminal record that provides information about violence or misuse and the director's permission to seek information from the criminal register.	b	The staff are satisfied at work and consider their skills and knowledge to be applied well.	b	The communication of the staff with the children and each other is characterized by concern for others, patience and solution-orientation.
QUALITY CRITERIA	c	The municipality carries out evaluation of the work of leisure centers.	c	The director engages staff, children and others concerned in shaping the service.	c	The staff work together to carry out activities.	c	The staff praise and encourage each other and the children.	

RESOURCES AND ORGANIZATION.	GOALS	13	Effective information and communication technology supports the work in various ways	14	Activities are organized, opening hours and the daily schedule are visible and presented to children, parents and main partners	15	The housing and the outdoor area are safe and organized according to the criteria of the leisure activities, equitable opportunities and the different needs of children	16	A selection of materials and equipment that appeals to various interest areas of children is available and meets their needs independent of their age and maturity
	QUALITY CRITERIA	a	In the leisure center, there is a telephone and equipment connected to the internet.	a	Municipalities publish clear norms about the number of children per employee and the minimum space per child.	a	The housing of the leisure center and the outdoor area fulfil the demands of the law on compulsory schools and the law on health and safety at workplaces.	a	A diverse selection of ecological and safe material is available.
	QUALITY CRITERIA	b	The website of the leisure center contains correct basic information about the activities, is active and is updated regularly.	b	The organization of the activities, collaboration of partners and work division of staff are clear, and they are presented and re-evaluated regularly based on the children's needs.	b	The organization of the housing and of the outdoor area makes provisions for different activities of children.	b	Material and equipment are regularly reviewed and renewed as needed.
QUALITY CRITERIA	c	Information and communication technology is used to collaborate with parents and other partners.	c	Children are signed in and out in an organized way, so it is clear how many children are in the leisure center at each time.	c	The premises are accessible to everyone, both indoors and outdoor play areas.	c	The nearest environment of the leisure center is used to meet the interest, curiosity and challenges of children.	

ABOUT BIFRÖST

Bifröst operates for children in the 1st - 4th grade. Bifröst opens at 13:00 all weekdays and closes at 16:15.

Bifröst is placed at Tryggvagata 23b.

The primary objective of Bifröst is that we provide a place where the children feel safe and comfortable to enjoy playing in a secure environment.

Director: Eva Björk Ingad
Specialist: Kristófer James Eggertsson

Bifröst general number: 480-5861

Director's office/specialist: 480-5860/480-5865

1st grade phone number: 841-8335

2nd grade phone number: 842-6833

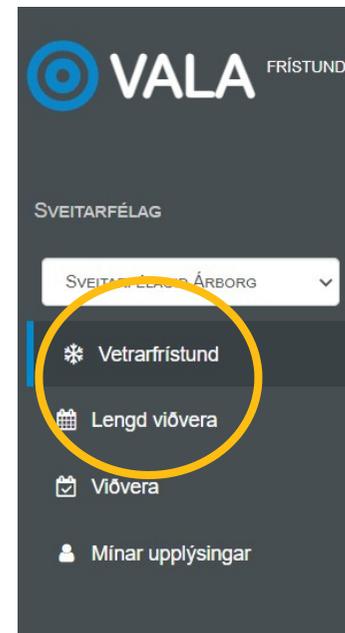
Email: bifrost@arborg.is

FEES FOR BIFRÖST LEISURE CENTRE

From 1st January 2026

Service	Monthly Price	Refreshments	Total
5 day placement	20.942kr.	6.047 kr	26.990 kr
4 day placement	17.077 kr	4.842 kr	21.919 kr
3 day placement	13.181 kr	3.623 kr	16.804 kr
2 day placement	9.300 kr	2.437 kr	11.737 kr
1 day placement	5.404 kr	1.234 kr	6.638 kr
Sign-up day	3.428 kr	-	3.428 kr

ADDITIONAL INFORMATION



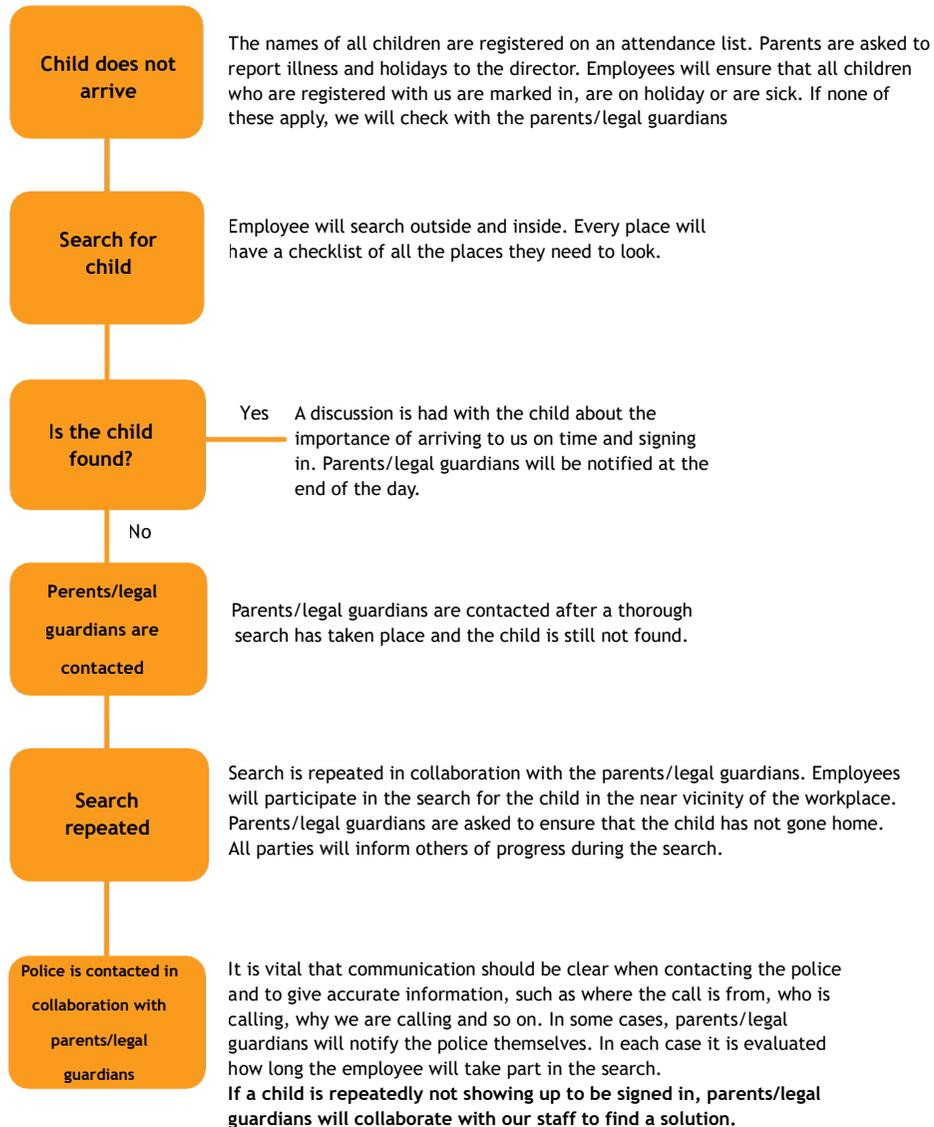
Registering for leisure activities - Instructions

Under the "Vetrafríðstund" tab you will find an overview of your children's current registrations. From there you click on the view registration tab, register leisure activities and then edit registration. After this, then you can add new leisure activities, change information about leisure time or delete leisure activities registration.

Sign-up day - Instructions

Once registration for sign-up days are opened, parents and legal guardians will receive an email from the director. An overview of the different options for registration for sign-up days is available in Vala under the tab "lengd viðvera". Registration for these days has an additional cost on top of the base cost from Bifröst. This price can be found in the service table.

ATTENDANCE PROCEDURES



Communication and messages

It is important that messages come from parents/legal guardians. We do not accept verbal messages from the children themselves when it comes to absences, visits to friends or information regarding who is picking them up, etc. Visits to friends need to be planned in advance. We do not allow the kids to call home from our phones with any kind of enquiries.

When parents/legal guardians pick up their children we need them to notify a staff member so we can log them out.

If a parent/legal guardian needs to speak to the director, it is best to contact us before 12:00, as the director or specialist should be in the office in the morning. It is always possible to send an email and we send a confirmation that we received said email. We ask the parents to notify us if there are any changes to phone numbers, emails or any other information. It is also beneficial to get updates on relevant family situations, or any circumstances that could affect the well being of the child.

Please note that medication is not given in our leisure centre

We love seeing parents/legal guardians and you are always welcome to visit us and check in on your children at play.

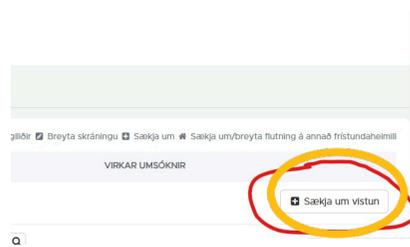
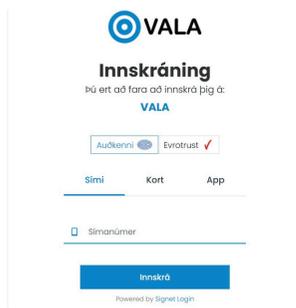
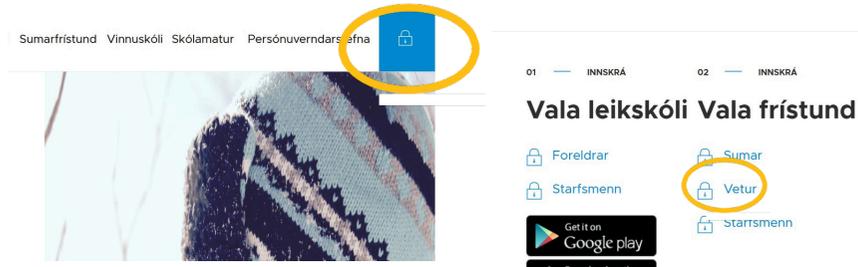
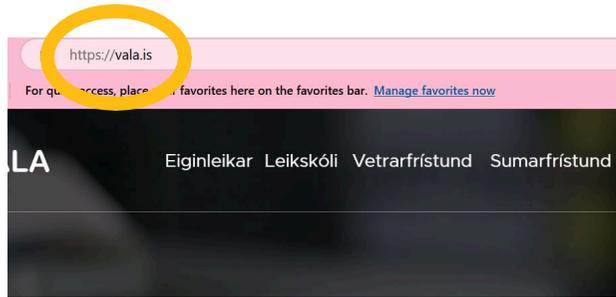
Absence

If a child does not attend our leisure centre for any reason, we ask that the parents/legal guardians report the absence before 12:00. This is to prevent any unnecessary worry and time spent searching for the child.

REGISTRATION

REGISTRATION FOR OUR LEISURE CENTRE - GUIDE

Registration takes place on vala.is and from there you will log in using your electronic identification. There you will choose to apply for your child's stay and fill out information regarding yourself and the child.



Useful information regarding services and fees

Sibling discounts apply between preschool, after-school programs and daycare. Sibling discounts are 50% for the second child and 100% for the third child.

Discounts are always calculated for the oldest child. The condition is that you have the same legal address and family number in the National Register.

On sign-up days you will need to register your child as we will only allow registered children to stay with us. Those who elect not to register their child for these days, will not be billed for these specific days. Sign-up days cost 3.428 kr, regardless for how many hours are used, this registration is binding.

An application is valid for one school year at a time (August-June). If you wish to cancel or change or cancel your placement, it has to be done before the 19th of each month. The cancellation will take effect at the start of the following month.

LEISURE ACTIVITIES

If a child is to attend any leisure activity during their time with us, we can send them by bus or walking. It is the parents/legal guardians responsibility to inform us regarding where it is, what time, any changes or cancellations to these activities.

Should a child come back to us after their activity, we need to be informed about it.

If a child is to use the leisure bus, we need to be informed about it. However it is worth noting that the leisure bus is not provided by us but rather Árborg and it is up to the parents/legal guardians to teach their children how to use it.

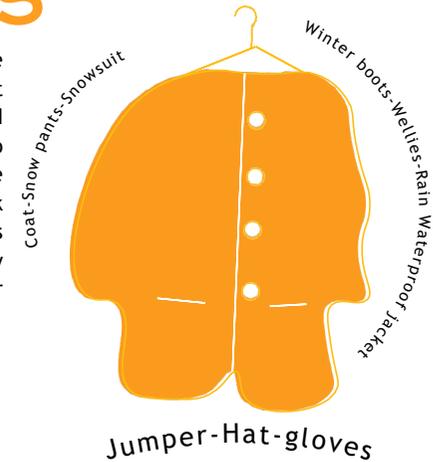


If any practice is cancelled, parents/legal guardians must notify us. This information does not come to us from anywhere else.

Clothing

We go outside to play with the children every day. It is important that the children are dressed appropriately for the weather so that they can take part in all the activities. If a child has been sick and the parents/legal guardians wish for the child to be inside, they will need to inform us via email or call before 12:00.

Please note that children who arrive with bicycles, scooters, toys, money, phones or other items, it is their responsibility.



On days where kids are allowed to dress-up, wear costumes and other accessories we remind you that we are not responsible for these items, it is the responsibility of the children. We recommend that accessories be left at home as they are likely to get lost or damaged in the fun and excitement on these days.

There are many children with us and we advise parents to label their children's clothes clearly. We also recommend that children bring with them extra clothes in their school bag. It is expected that all clothes go home with the children at the end of the day.