

# Sportcenter Hólmavík

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In Holmavik you can find our wonderful sportcenter, swimmingpool and gym. The sportcenter was opened 17th of July 2004.

## The Sportcenter is open at this hours:

### *Wintertime:*

Monday-thursday from 09:00-21:00

Fridays from 09:00-16:00

Saturdays and sundays from 11:00-18:00

### *Summertime:*

All days from 09:00-21:00

- Icelanders take swimming pool hygiene very seriously. Our pools are clean and free from harmful bacteria, despite relatively low levels of chlorine in Icelandic pools. Your swimsuit must be clean so don't arrive to the pool wearing it. Undress and make your way to the showers. Once you hit the showers you have to wash with soap *and* without your swimsuit. Those who are not following the rules will be asked to leave the swimmingpool. Please wash after saunabathing before attending the swimmingpool.
- According to health regulations in Iceland, those under the age of 10 may not go swimming alone. Anyone who becomes ten years at the calendar year may go swimming after the 10th of June. Younger persons must be accompanied by an adult or an individual at least 15 years of age or older who may not have more than two children, except in the case of a parent or a guardian.
- To determine whether a swimming pool is open due to cooling, a wind turbine reference table is used. The table shows the effect of the wind for cooling the swimming pool. An automatic weather station is by the pool and used to make a decision to open the swimming pool. The tub is always open and the sauna.