

SPORTS & EXTRACURRICULAR ACTIVITIES 2025-2026

A WORLD OF OPPORTUNITIES



SIGTNASKOLAN
HUMANISTISKA LÄROVERKET



House Series

During the school year the boarding houses compete in a variety of sports competitions, including floorball, basketball, e-sports, pool and more. Every year the House series end with a football tournament and a grand prize ceremony. The House series is a popular aspect of school life at SSHL.

All SSHL students, whether day or boarding student, belong to one of the boarding houses and all are welcome to take part in the House series! Boarding students represent their boarding house, day students represent the house which they are introduced to when they start at SSHL.



SIGTUNASKOLAN
HUMANISTISKA LÄROVERKET

Sports & activities

You can find new energy and inspiration every day of the week, throughout the academic year at SSSL. We offer many practical, physical and artistic extracurricular activities and hope you will find some regular activities to take part in throughout the school year.

The Sports & Extracurricular department arranges the activities in cooperation with SSSL Sports Club, SSSL Music Association and other clubs and societies at the school.

Health, creativity & exercise

We want our students to experience and learn how to lead a healthy lifestyle. We focus on such things as the importance of physical activity, sleep, how to eat well and general questions that concern your daily life.

We are also introducing physical activity during ordinary classroom lessons, since research shows this improves learning. Some of our classrooms are equipped to stimulate movement and we have recently built an outdoor classroom.

Our team of professional and enthusiastic staff will teach you, inspire you and encourage you to develop, grow and have fun.



CORE ACTIVITIES

The core activities cost SEK 2000 per academic year for day students.
This additional fee does not apply for boarding students.

GYM

The school's gym has running machines, weights, and a variety of weight machines so you've got plenty of opportunity to keep fit.



SPORTS & ATHLETICS TRAINING

The core activities package lets you participate in sports and athletics training for the school's various teams. You have the opportunity to be selected to represent SSSL in various competitions. Read more under "Sports Competitions".



GROUP EXERCISE

The Sports & Extracurricular Activities Department offers a selection of fitness classes throughout the academic year. Choose between pilates, functional, core, circuit, HIIT, boxing, acroyoga and more.

ROWING

In rowing, you will develop many different areas of yourself, such as strength, endurance, team work and focus. Launching the boat in the early morning, gliding out on the lake, is also an fantastic nature experience.





BOXING

An allround workout for both body and mind, where you build strength, agility and stamina. You learn the basics of traditional boxing. An activity suitable for everyone!

AUDIO & VIDEO PRODUCTION

Learn how to work with audio, light and video production, for events and in the studio.



DANCE

Dancing is an allround form of exercise that improves your body awareness and strength. You get to try different dance styles such as latino, afro and dance workout.

DEBATING

Learn the classic art of debating with the school's "Debating Society".



MINDFULNESS

Meditation, yoga, healthy eating, ice baths, breathwork and mental health. We offer different tools and forms for relaxation and wellbeing.



ACTIVITIES WITH ADDITIONAL COSTS



TENNIS

For more information,
please contact sigtunatennis.se



HUNTING COURSE

Learn to shoot and hunt, and receive
your Hunter's Licence.

DRIVING LICENCE

Learn to drive and take your (Swedish)
driving test.

RIDING LESSONS

Take riding lessons at our local riding school.
3 years of riding experience is required.



VOCAL & MUSICAL INSTRUMENTS

GUITAR · PIANO
DRUMS · BASS GUITAR
SINGING

*For more
information,
talk to the staff
at Fritiden or
email fritiden@sshl.se*



THE DUKE OF EDINBURGH AWARD PROGRAMME

The Duke of Edinburgh Award Programme is available to all SSHL students. As an individual programme, it will be specifically designed for you and your dreams.

- Develop your knowledge and skills within a specific area
- Develop your physical capacity within a specific area
- Selflessly offer your time and help to others
- Get knowledge and skills to plan and perform an expedition

To find out more and sign up, please contact dofe@sshl.se.



Follow Fritiden - see weekly programme on Instagram: [#fritidensshl](https://www.instagram.com/fritidensshl)

FEE FOR DAY STUDENTS - CORE ACTIVITIES

Fee core activities: SEK 2000 per academic year for day students.

This fee does not apply for boarding students.

Payment: for day students via bankgiro 142-9000, latest 2 weeks after school start.

Contact, Head of Sports: thomas.persson@sshl.se, tel no +46 8-592 571 22, +46 730-38 00 41

Please note that activities may be subject to change.

ACTIVITIES WITH ADDITIONAL COST

Horse riding: Sigtuna riding club. Contact fritiden@sshl.se

Tennis: Sigtuna Tennis Club, apply and book at [sigatunatennis.se](https://www.sigatunatennis.se)

Vocal and musical instruments: for information, contact fritiden@sshl.se

Driving licence: Ellströms Trafikskola, contact fritiden@sshl.se

Hunter's Course: Skokloster Wings & Clays, contact fritiden@sshl.se

CLUBS & SOCIETIES

At SSHL you may also take part in our many clubs and societies!

The Kenya project, Life-Link, Capital, Arcu, AV Club, The Pool Society, Debating Society, Design and Technology Group, Creative Arts Society, Fishing Club, Food group, History Society, Ace of Hearts, School Sports Club, Environmental Society, Music Association, STELLAR, Teach Me, Think Tank and Yellow Boats of Hope.



SPORTS COMPETITIONS 2025-2026

Do you love to compete? Are you ambitious and good at sports?
If so, you might get to represent SSSL in sports competitions.

SIPSI

30 SEPTEMBER	Track & Field, Badminton Stockholm
26 NOVEMBER	Basketball, Tennis, Shooting Lundsberg
18 FEBRUARY	Floorball, Volleyball, Chess Sigtuna
5 MAY	Soccer, Golf Stockholm

SIPSI is an organisation for *Swedish boarding- and private schools* where we compete in different sport activities with Enskilda Gymnasiet, Lundsbergs Skola and Viktor Rydberg Djursholm.

SCHOOL MEETINGS

5-7 SEPTEMBER	Sigtuna	
20-22 MARCH	Herlufsholm, Denmark	<i>fee: SEK 1000</i>

Twice every school year we meet with the students at Herlufsholms Boarding School in Denmark for an exchange in sports, athletics, music and other fun activities.
One meeting is at Herlufsholm, one at SSSL in Sigtuna.



EXTRACURRICULAR CALENDAR AUTUMN 2025

Home Series HS, sports exchanges and other activities (subject to change).

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUG	33	11	12	13	14	15	16	17
							NEW BOARDERS	OLD BOARDERS
	34	18	19	20	21	22	23	24
		SCHOOL START	MENTORS DAY	KORUM			KICK OFF	TREASURE HUNT
SEP	35	25	26	27	28	29	30	31
							Duke of Edinburgh	Duke of Edinburgh
	36	1	2	3	4	5	6	7
						HERLUFSHOLM in Sigtuna	HERLUFSHOLM in Sigtuna	HERLUFSHOLM in Sigtuna
	37	8	9	10	11	12	13	14
							DEKADEN (alumni)	
	38	15	16	17	18	19	20	21
		HS VOLLEYBALL	HS VOLLEYBALL	HS VOLLEYBALL	HS VOLLEY FINAL			
	39	22	23	24	25	26	27	28
OCT	40	29	30	1	2	3	4	5
			SIPSI VRG: TRACK- FIELD, BADMINTON			HOUSE NIGHT	CULTURE DAY	HS TEAM RELAY
	41	6	7	8	9	10	11	12
	42	13	14	15	16	17	18	19
					TRY BOARDING	TRY BOARDING	TRY BOARDING	UNIVERSITY TEST
	43	20	21	22	23	24	25	26
		HS SOCCER	HS SOCCER	HS SOCCER	HS SOCCER FINAL			
NOV	44	A	U	T	U	M	N	BREAK
	45	3	4	5	6	7	8	9
		Study day						
	46	10	11	12	13	14	15	16
							Parents day at SSHL	
	47	17	18	19	20	21	22	23
		HS RACKET SPORT	HS RACKET SPORT	HS RACKET SPORT	TRY BOARDING HS RACKET FINAL	TRY BOARDING	TRY BOARDING	
DEC	48	24	25	26	27	28	29	30
				ADVENT KORUM SIPSI LS: BASKETBALL, TENNIS, SHOOTING	OPEN HOUSE			First of advent
	49	1	2	3	4	5	6	7
	50	8	9	10	11	12	13	14
				NOBEL CELEBRATIONS		LUCIA	CHRISTMAS SPEX	CHRISTMAS COMPETITIONS
	51	15	16	17	18	19	20	21
					CHRISTMAS DINNER	END OF TERM		

EXTRACURRICULAR CALENDAR SPRING 2026

Home Series HS, sports exchanges and other activities (subject to change).

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JAN	3	12	13	14	15	16	17	18
		SCHOOL START						
	4	19	20	21	22	23	24	25
							OPEN HOUSE	
	5	26	27	28	29	30	31	1
		HS FLOORBALL	HS FLOORBALL	HS FLOORBALL	HS FLOORBALL FINAL			
FEB	6	2	3	4	5	6	7	8
						HEMKVÄLL	HS MULTI SPORT	MINDFULNESS DAY
	7	9	10	11	12	13	14	15
				WINTER SPORTS DAY	TRY BOARDING	TRY BOARDING	TRY BOARDING	
	8	16	17	18	19	20	21	22
				SIPSI VOLLEYBALL FLOORBALL CHESS				
MAR	9	S	P	O	R	T	S	BREAK
	10	2	3	4	5	6	7	8
		Study day						
	11	9	10	11	12	13	14	15
		HS BASKETBALL	HS BASKETBALL	HS BASKETBALL	HS BASKET FINAL			
	12	16	17	18	19	20	21	22
						HERLUFSHOLM DK	HERLUFSHOLM DK Parents day - digital	HERLUFSHOLM
	13	23	24	25	26	27	28	29
					TRY BOARDING	TRY BOARDING	TRY BOARDING	
APR	14	30	31	1	2	3	4	5
				50-DAYS ARCU GALA				
	15	E	A	S	T	E	R	BREAK
	16	13	14	15	16	17	18	19
		HS FUTSAL	HS FUTSAL	HS FUTSAL	HS FUTSAL			
	17	20	21	22	23	24	25	26
					OPEN HOUSE			
MAY	18	27	28	29	30	1	2	3
					WALPURGIS			
	19	4	5	6	7	8	9	10
			SIPSI SOCCER, GOLF					
	20	11	12	13	14	15	16	17
	21	18	19	20	21	22	23	24
					HOUSE SERIES CLOSING CEREMONY			
	22	25	26	27	28	29	30	31
		'GUBBSKIVA'			SCHOLARSHIP DAY	GRADUATION 2026		
JUN	23	1	2	3	4	5	6	7
							NATIONAL DAY GRÖNA LUND	
	24	8	9	10	11	12	13	14
					SSHL SOCCER TOURNAMENT	END OF SCHOOL		



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