

# SQUASH COACHING FOR EVERYONE

At NIKKY SPORTS our goal is to train people of all levels, ages and abilities. The best, fastest and safest way to learn is to be trained by a Professional and Qualified Squash Coach.

Nikky is a S.R.A. U.K. Trained Squash Coach and has been a member of the U.A.E. S.R.A. sub-committee for 20 years. Nikky has also been an official squash coach in the UAE for the past 18 years. Nikky is the founder and organizer of the 'Dubai Ladies Squash League' since 1990 and had won many titles in the UAE and represented Cyprus in the European Small Nations Squash Tournament.

Location: Jumeirah Beach Hotel (Sports Pavilion)

Training Schedule:

- **Mens Clinic:**

Tuesday	18:00 - 20:00 hours
Thursday	18:00 - 20:00 hours
Saturday	18:00 - 20:00 hours
- **Ladies Clinic:**

Sunday	15:30 - 17:00 hours
Monday	16:30 - 18:00 hours
- **Juniors Clinic:**

Thursday	16:30 - 18:00 hours
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- **Mixed Clinic:**

Monday	17:30 - 19:30 hours
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(Advanced Ladies/Men)
- **Private Individual Lessons:** Booking available for Everyone!

Please arrange bookings directly with Nikky at 050 45 07 762 / info@nikky-sports.com



Get Professional Help with Your Next Big Step!



## SQUASH

Squash Coaching for Everyone  
(Squash Fitness, Court Training & Match Play)

Private Individual Lessons & Group Sessions:  
- Beginners, Intermediate & Advanced Coaching for Mens, Ladies, Teenagers, Juniors and Infants.



## RUNNING

Running Training for All Ages  
(Sprinting, Medal and Long Distance Training)

- Individual or Group Sessions  
- Speedwork for Competitive Runners from 100 meters to a Marathon.  
- Every Friday, Saturday and Tuesday's



## FITNESS

Fitness Camp for Everyone

- Ladies Groups - Mens groups - Mixed Groups

Every Sunday, Monday, Tuesday and Wednesdays at Safa Park (opp. Sheikh Zayed Road) outside Gate no. 5 in the Parking area.

Soccer Camp for Kids & Teenagers

- Soccer training for children's aged 7 - 14

Every Friday and Saturdays 10:00 - 11:00 & 11:00 - 12:00 hours at Safa Park, Gate no. 2 (Al Wasl Road)