



“A” LICENCE

Nursery has been awarded the “A” licence by the Malta FA Licensing Board.

“One of the highest of its form, motivates us to work further to improve our standards in the years coming,” says Benjamin Muscat, the president.

Licence A is awarded after satisfying a series of criteria such as its coaches qualifications, players’ updated medical database, accredited administrators, sufficient players per category and training facility.

Players will be travelling this July to attend training camp in Sicily.

For information, contact:

Lija Iklin Football Youth Nursery on 7980 2825



“SOCKIDS”

Registration for “summer” football school is now open.

“Where all youngsters learn how to play football and have fun,” says David Carabott, the coach and former professional footballer.

“You won’t just play football, you will learn how.”

Training takes place in Zejtun.

For information, contact:

Sockids Football School on 9903 1450



“SWIM GYM”

Fitness coach introduces “Swim Gym”, a land and water based workout.

“Build muscle and lose fat. Learn to move like an athlete, to look and feel like an athlete,” says Pia Grech.

Workout both on land and in the water for a 30 minute session of each, including High Intensity Interval Training (HIIT), body weight exercises, cardio and core. Takes place at the National Pool Complex in Msida.

Times and days may vary.

For information, contact:
Swim Gym on 7988 8958



“FAMILY” YOGA

Karate club now offers a “Fit Family” yoga class.

“Come and enjoy a yoga core flow, nourish yourself with strong mind and body,” says the host.

Class is on Monday 8pm, Thursday 10:30am and Friday 3pm.

Also available is Pilates and a Core Workout class, “Get your summer body early, tone and sculpt your abs with cutting-edge whole body moves.”

Established over 20 years ago, club specializes in Karate for children and adults.

For information, contact:
Pembroke Karate Club at pembrokekarateclub.com





“TANGO”

Teacher launches new class format for beginners in “Tango”.

“It is a level where you stay in as long as you need, with no pressure to know everything by the end of the course. Every class we will repeat something that is so essential that it will become your norm,” says Natalie.

As one of the major creators of the tango community in Malta, she also gives seminars abroad and provides private lessons.

Lesson is held at Numero Dos located in Mosta.

For information, contact:

Argentine Tango with Natalie on 7928 7755



“SALSA”

Dance instructor announces that “Salsa” lessons are now being held every Monday and Thursday.

“Sexy, sensual, great exercise and really good fun. All you need to do is follow the steps, you’ll be dancing like a pro in no time,” says Edward Camilleri.

Founded in 2000, the Latin dance school also offers Merengue and Bachata lessons in various locations around Malta.

Social dance events are organized throughout the year.

For information, contact:

Salsa Dancing Malta on 9949 4034



“DRAGO”

Online shop to offer “authentic” designer brands.

“Bikkemborgs, one of the most loved brand in Belgium and Europe. Obviously we didn't forget to strike a deal to supply our clients also with the Converse brand,” says Kahil Drago, the manager.

Website soon launching will offer certificates of authenticity.

For information, contact:

Drago Outlet @DragoOutlet



“TEEN” PILATES

Studio recently introduced a “Kids” and “Teens” Pilates class.

“Those children who hate physical activity may actually like Pilates as there is no competition with others, they are learning about their own bodies and will grow stronger,” says Laura Schembri.

Maximum of 10 participants per class.

Held at the Hilltop Gardens complex in Naxxar.

Dates and times vary.

For information, contact:

The Pilates Studio on 9945 1083