Kees emptied his piggy bank of all its 34 coins with a total value of $5.30. The coins are nickels, dimes or quarters only. There are twice as many quarters as dimes. How many of each type of coin does Kees have?

Note: A nickel is worth 5 cents (5¢), a dime is worth 10 cents (10¢), and a quarter is worth 25 cents (25¢).