

PHOTO DAYS

We are excited to announce the return of Photo Day!

We have done our best to link pictures taking to a practice and hope all the swimmers can make it. **Swimmers should arrive ready to have their picture taken in a black NYAC t-shirt and black bathing suit/bottoms**

Starting this week: **Saturday, May 7 and Douglas Snow:**

Time	Group
5:30am	JR C1
5:40am	JR C2
5:50am	JR C3
6:00am	SR C
6:45am	Youth
7:00am	Intro 1
7:15am	Intro 2



Pictures for the remaining groups will happen Sunday May 15 and Saturday May 21 at TPASC. The link is [here](#) to find the exact time for the May 15 and May 21 groups.

DISCOVER IF YOU ARE AN OPEN WATER SWIMMER!

New program timing: 7:00am to 8:30am. Water is calm and so is traffic!

Most of us have spent time swimming in lakes or the ocean recreationally, but how about competitively? Not only is it fun to be outdoors on the beach and in the lake, our summer open water swimming sessions allow you to use your pool swimming skills and add to them.



Join Coach Celeste and Coach Billy, their goal is to practice everything involved in open water swimming, such as:

- beach/running starts and finishes
- deep water starts and finishes
- how to take advantage of swimming in a group (drafting)
- how to swim in a straight line (sighting)
- swimming for distance events

For any triathletes out there, this is the perfect course to get you ready for the swim. So, join us this summer for a SAFE, WELCOMING and FUN environment and bring out the open water swimmer in you!

Register [here](#) for this summer:

NYAC MEET: MAYOR'S CUP ** New date

NYAC is hosting one more meet. It's the 31st annual Mayor's Cup being held June 11 and 12. It's a non-qualifier meet and will be held at TPASC. There will be 6 sessions over the whole weekend so plenty of opportunity to complete your session commitments.

- 2nd job sign up will be on May 5, 2022 @8pm
- 3rd job sign up will be on May 12, 2022@8pm

We ask that families that have completed four sessions allow families that have not had a chance to sign up.

REGISTRATION TIMING

In the next newsletter, Eddie, Director of Performance will provide an overview of how placements will be completed for this season.

- Placements will be sent the week of June 13
- Registration will start the week of June 20

OFFICE HOURS and WHO TO CONTACT

The NYAC office is now open:

- Monday to Wednesday: 9:30am to 3:30pm
 - Thursday: 8:00 to 2:00pm
 - Sunday: 8:00 to 11:00am
-



What's Happening Newsletter

For May 2022

If you need to stop by the office outside these hours, please email Leela, Leela@nyacswimming.ca and we can organize a time to meet

As life is getting busier and we have more people to support NYAC AND to improve response times, here's a who's who to contact *if your coach does not have the details*. More details can be found [here](#)

Linda: Linda@nyacswimming.ca	<ul style="list-style-type: none">• Equipment and Team Wear for the Competitive Linda's main responsibilities are for <ul style="list-style-type: none">• New to NYAC questions• Waves and Swimtec Summer Camp
Kirsti Kirsti@nyacswimming.ca	<ul style="list-style-type: none">• Meet entries, meets and session commitments• Social event questions• Team Travel• Bingo
Officials Officials@nyacswimming.ca	<ul style="list-style-type: none">• Official's registration with Swimming Canada• Questions about your Officials account
Leela Leela@nyacswimming.ca	<ul style="list-style-type: none">• Billing questions• Pool reps• Questions and concerns

QUESTION OF THE WEEK?

How do I check how many sessions I have completed this year?

You can check your account to see how many sessions you have completed this year. To learn how to do this, check out our helpful resources [here](#), which is on the NYAC website under the For Parents section – tab down to “How tos”



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For May 2022

Connect with NYAC!

- Instagram - Follow us by clicking [here](#)
- Facebook - Follow us by clicking [here](#)
- You Tube – Subscribe now, by clicking [here](#)

Thank you to Delta Bingo who has supported NYAC for many years, helping us to keep swimmers swimming with proceeds going to pay pool rent.

