

Fluid Mechanics  
NJ October

# Super Lou

Fluid Mechanics, Inc.



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**Fluid Mechanics, Inc.**

[www.fluidmechanics.net](http://www.fluidmechanics.net)

1.800.266.5179

# Product Highlights



## Product In The Spotlight

### TQ100 Tools DVD

*How it works.*



#### Learn our system and master your technique!

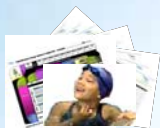
In our TQ100 course participants learn our system of breaking down strokes, starts & turns. TQ100 provides the tools needed to communicate, comprehend and apply technique.

**Save \$30**

List Price \$129.00 | Special \$99.00

### ES110 Personal Practices

*High performance training for competitive swimmers and teams*



#### Train like the champions

Seasonal Training Plan = \$99.00

Our experts custom design a seasonal training blueprint to your meet schedule. This means you will have the confidence that you are on track with your training every day.

#### Personal Practices

Your workouts are personally tailored to your training level and coordinated with your Seasonal Training Plan. Each workout is fully integrated which means you will maximize both endurance and speed.

1 Workout = \$12.50  
2-10 Workouts = \$10.00/workout  
11-50 Workouts = \$9.00/workout  
51+ Workouts = \$8.00/workout

Receive  
10% off

## Monthly Special

Order your TQ100 Tools DVD and save \$30. (List price \$129 | Special \$99)

### TQ200 Technique Workbook & Control Painter

*Vision is what you see with your mind.*



#### Let our "Vision Works" system help your swimmer!

Our TQ200 Technique Workbook is the textbook for our courses which features swimmer-friendly diagrams and worksheets to learn our "Vision Works" system. "Vision Works" helps swimmers understand how to move effectively.

Liquid Lou Control Painter is used to color code "force" in our Workbooks. Set includes purple, green, yellow, pink, blue plus a mechanical pencil.

**Save \$30  
w/any camp**

List Price \$139.00 | Special \$109.00

### TQ Workshop Tool Kit

*Help your swimmer fix their technique!*



#### Our "Fix It" tool kit!

Our TQ Workshop Tool Kit helps your swimmer fix their technique. The training devices provided in your kit enhance performance by applying speed resisted and speed assisted training techniques used by champions worldwide. Your choice of resistance level (light, medium, heavy & super heavy).

Kit Includes: 1 x Mule (parachute), 1 x Bear (stretch cord)

Price \$129.00

### SF111 Strength Training for Competitive Swimmers Workbooklet

*Event specific workouts.*



#### Turn your athlete into a swimming powerhouse!

Is your swimmer strengthening the right muscles for competitive swimming? Many swimmers impede their performance by training the wrong muscles. Our SF111 strength training programs target effective muscle groups and build particular strength needed for specific events.

Customized event specific training:  
SF111.1 Workbooklet - Distance  
SF111.2 Workbooklet - Middle Distance  
SF111.3 Workbooklet - Sprint

Price \$89.00

*For a complete listing of our products visit [www.fluidmechanics.net](http://www.fluidmechanics.net)*

# Learn to swim

## Swimming lessons for all levels

Whether you're taking your first stroke or training for your next race, Fluid Mechanics is here to help. Our courteous and knowledgeable Certified Instructors give you a great start. So jump right in and get into the swim of things with our year round swimming lessons and in-water training programs.

## Swimming levels

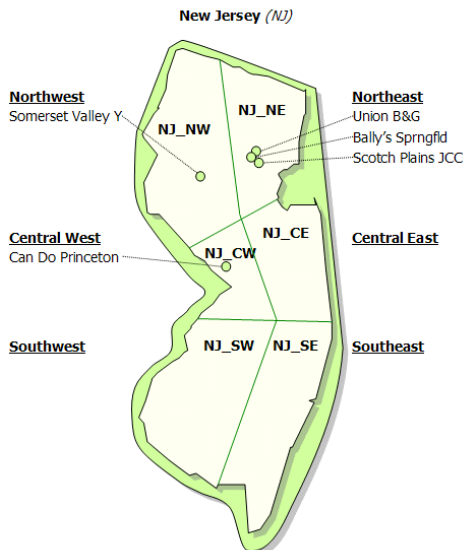
- 1 Intro
- 2 Beginner
- 3 Strokes
- 4 Pre-Comp Strokes
- 5 Pre-Comp Starts
- 6 Pre-Comp Turns

**Monthly Special**

Order your Personal Evaluation and receive 50% off your first lesson!

### Facility Schedule

New Jersey_Northeast	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Bally's Sprngfld 9/1-12/31/11	Closed	Closed	6:30am-3:30pm	6:30am-3:00pm	6:30am-4:00pm	6:30am-7:00pm	Closed
Union B&G 9/12-11/14/11	6:00am-10:00am 3:00pm-11:30pm	6:00am-11:30pm	6:00am-3:00pm 6:30pm-11:30pm	6:00am-3:00pm 6:30pm-11:30pm	6:00am-3:00pm 6:30pm-11:30pm	6:00am-3:00pm 6:30pm-11:30pm	6:00am-3:00pm 6:30pm-11:30pm
Union B&G 11/15-12/4/11	6:00am-10:00am 3:00pm-11:30pm	6:00am-11:30pm	4:30am-1:00pm 6:30pm-11:30pm	4:30am-1:00pm 6:30pm-11:30pm	4:30am-1:00pm 6:30pm-11:30pm	4:30am-1:00pm 6:30pm-11:30pm	4:30am-1:00pm 6:30pm-11:30pm
Scotch Plains JCC 9/1-12/31/11	7:30am-5:00pm	12:00pm-6:00pm	9:15pm-10:00pm	9:15pm-10:00pm	9:15pm-10:00pm	9:15pm-10:00pm	Closed
New Jersey_Northwest	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Somerset Valley Y 9/1-12/31/11	6:30am-8:00pm	9:00am-6:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm



### Learn to Swim Levels 1-3

Prices	1 Hour Lessons Ages 3 & older		
	1 Swimmer	2 Swimmers	3 Swimmers
Single Session	\$99	\$89	\$79
Three Session	\$289	\$249	\$229
Five Session	\$469	\$429	\$369
Eight Session	\$699	\$649	\$599

### Pre-Competitive Levels 4-6

Prices	1 Hour Pre-Comp Lessons Ages 6-8		
	1 Swimmer	2 Swimmers	3 Swimmers
Single Session	\$129	\$119	\$109
Three Session	\$369	\$349	\$319
Five Session	\$599	\$569	\$519
Eight Session	\$949	\$869	\$799

Prices listed are per participant.

# Small Group Clinics & Workshops



## Small Groups

Small Groups are an excellent cost-effective way to structure your technique while learning and having fun with others. Plenty of attention is given to each swimmer to make sure you get the most out of each session.

Monthly  
Special

The Catapult  
Order 3 Small Group and 2 Personal Clinics for only \$729

## Upcoming Schedule

For an updated listing visit [www.fluidmechanics.net](http://www.fluidmechanics.net)

### New Jersey\_Northeast (NJ\_NE)

#### Union Boys & Girls Club (Union B&G)

#18050	Sun Sep 25	4:00pm-5:30pm	Clinic_TQ113 Butterfly
#18051	Sun Sep 25	5:30pm-6:30pm	Workshop_TQ110 Your Choice of Stroke
#18053	Sun Oct 2	4:00pm-5:30pm	Clinic_TQ114.1 Breaststroke Flat
#18055	Sun Oct 2	5:30pm-6:30pm	Workshop_TQ110 Your Choice of Stroke
#18059	Sun Oct 9	4:00pm-5:30pm	Clinic_TQ121 Racing Starts
#18060	Sun Oct 9	5:30pm-6:30pm	Workshop_TQ120 Your Choice of Start
#18062	Sun Oct 16	4:00pm-5:30pm	Clinic_TQ111 Freestyle
#18064	Sun Oct 16	5:30pm-6:30pm	Workshop_TQ110 Your Choice of Stroke
\$89 #18068	Sun Oct 23	4:00pm-5:30pm	Clinic_TQ112 Backstroke
\$69 #18069	Sun Oct 23	5:30pm-6:30pm	Workshop_TQ110 Your Choice of Stroke
#18071	Sun Oct 30	4:00pm-5:30pm	Clinic_TQ113 Butterfly
#18072	Sun Oct 30	5:30pm-6:30pm	Workshop_TQ110 Your Choice of Stroke
#18076	Sun Nov 6	4:00pm-5:30pm	Clinic_TQ114.1 Breaststroke Flat
#18078	Sun Nov 6	5:30pm-6:30pm	Workshop_TQ110 Your Choice of Stroke
#18080	Sun Nov 13	4:00pm-5:30pm	Clinic_TQ131 Freestyle Turn
#18081	Sun Nov 13	5:30pm-6:30pm	Workshop_TQ130 Your Choice of Turn
#18085	Sun Nov 20	4:00pm-5:30pm	Clinic_TQ111 Freestyle
#18086	Sun Nov 20	5:30pm-6:30pm	Workshop_TQ110 Your Choice of Stroke
#18088	Sun Nov 27	4:00pm-5:30pm	Clinic_TQ112 Backstroke
#18090	Sun Nov 27	5:30pm-6:30pm	Workshop_TQ110 Your Choice of Stroke

## Small Group Pass

Save on all your Small Groups!



### Pass Benefits

Purchase your Small Group Pass and get access to our Small Group Tools Courses, Clinics, Workshops & Special Events for any 2 month period! (maximum of 6 sessions/2 month period)

\* space available

\* monthly billing available at \$259 per month

Price \$499.00

## Prices

Packages	2½ Hour Combo	1½ Hour Clinics	1 Hour Workshops
One Pack	\$169	\$99	\$79
Three Pack	\$489	\$289	\$229
Five Pack	\$799	\$469	\$369
Ten Pack	\$1499	\$889	\$699
Select from our menu or schedule your own group of 4 or more swimmers.			

\* Special price associated with this event.

# Day Camps



## Day Camps

Up to 9 participants  
Combined topics in one economical package!

Our day camps come in a variety of formats with selected topics that feature a specific theme. A low consultant to swimmer ratio assures that each swimmer gains the maximum benefit from each session.

## Monthly Special

Order any 2 Day Camp Package and receive a complimentary Special Event of your choice (\$99 value)

### Upcoming Schedule

For an updated listing visit [www.fluidmechanics.net](http://www.fluidmechanics.net)

#### September

#### #18047 TQ100 Intro Pack Day Camp

Union Boys & Girls Club

Union, NJ (NJ\_NE)

Sat Sep 24, 4:00pm-8:00pm

Price \$289.00

#### October

#### #18052 TQ120/30 Starts & Turns Day Camp

Union Boys & Girls Club

Union, NJ (NJ\_NE)

Sat & Sun Oct 1 & 2, 4:00pm-8:00pm

Price \$489.00

#### #18056 TQ100 Intro Pack Day Camp

Union Boys & Girls Club

Union, NJ (NJ\_NE)

Sat Oct 8, 4:00pm-8:00pm

Price \$289.00

#### #18061 TQ110 Strokes Day Camp

Union Boys & Girls Club

Union, NJ (NJ\_NE)

Sat & Sun Oct 15 & 16, 4:00pm-8:00pm

Price \$489.00

#### #18070 TQ100 Intro Pack Day Camp

Union Boys & Girls Club

Union, NJ (NJ\_NE)

Sat Oct 29, 4:00pm-8:00pm

List Price \$289.00 | Special \$259.00

### Day Camp Formats

#### TQ100 Intro Pack Day Camp

Everything you need to get started!



TQ100 Tools

TQ101 Hydro Dynamics

TQ102 Core of the Stroke

Includes: TQ101, TQ102 Workbooklets  
& Liquid Lou Control Painter

#### TQ110 Strokes Day Camp

All four strokes!



Day 1

TQ111 Freestyle

TQ112 Backstroke

Day 2

TQ113 Butterfly

TQ114.1 Breaststroke Flat

#### TQ120/30 Starts & Turns Day Camp

Fine tune your starts & turns!



Day 1

TQ121 Racing Starts

TQ131 Freestyle Turn

TQ132 Backstroke Turn

Day 2

TQ122 Backstroke Start

TQ133 Breast & Fly Turn

TQ234 Breaststroke Long  
Pullout

### Prices

Join Our Events	4 Days	2 Days	1 Day
Single Participant	\$799	\$489	\$289
Select from our menu or schedule your own group of 4 or more swimmers. Call for "Create Your Own Event" pricing.			

# Personal Clinics & Workshops



## Which step are you on?

- 1 Learn It - Clinic
- 2 Fix It - Workshop
- 3 Cement It - Practice
- 4 Use It - Competition

## Expert Instruction

to understand exactly what to do

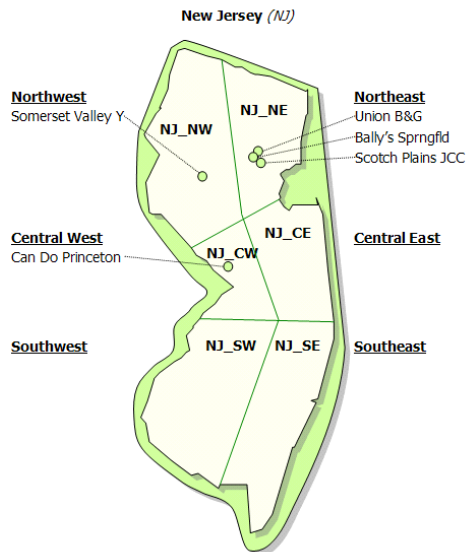
Personals are customized to offer the dates, locations and topics you want while providing the personal attention you need.

## Monthly Special

The 10 Plus 1  
Order a 10 Pack and get 50% off your 11th session

### Facility Schedule

New Jersey_Northeast	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Bally's Sprngfld 9/1-12/31/11	Closed	Closed	6:30am-3:30pm	6:30am-3:00pm	6:30am-4:00pm	6:30am-7:00pm	Closed
Union B&G 9/12-11/14/11	6:00am-10:00am 3:00pm-11:30pm	6:00am-11:30pm	6:00am-3:00pm 6:30pm-11:30pm	6:00am-3:00pm 6:30pm-11:30pm	6:00am-3:00pm 6:30pm-11:30pm	6:00am-3:00pm 6:30pm-11:30pm	6:00am-3:00pm 6:30pm-11:30pm
Union B&G 11/15-12/4/11	6:00am-10:00am 3:00pm-11:30pm	6:00am-11:30pm	4:30am-1:00pm 6:30pm-11:30pm	4:30am-1:00pm 6:30pm-11:30pm	4:30am-1:00pm 6:30pm-11:30pm	4:30am-1:00pm 6:30pm-11:30pm	4:30am-1:00pm 6:30pm-11:30pm
Scotch Plains JCC 9/1-12/31/11	7:30am-5:00pm	12:00pm-6:00pm	9:15pm-10:00pm	9:15pm-10:00pm	9:15pm-10:00pm	9:15pm-10:00pm	Closed
New Jersey_Northwest	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Somerset Valley Y 9/1-12/31/11	6:30am-8:00pm	9:00am-6:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm



Prices	1½ Hour Clinics Learn it			1 Hour Workshops Fix it		
	1 Swimmer	2 Swimmers	3 Swimmers	1 Swimmer	2 Swimmers	3 Swimmers
One Pack	\$259	\$209	\$189	\$189	\$159	\$149
Three Pack	\$749	\$609	\$549	\$549	\$459	\$429
Five Pack	\$1229	\$989	\$899	\$899	\$749	\$699
Ten Pack	\$2329	\$1879	\$1699	\$1699	\$1429	\$1339

Prices listed are per participant.

# Personal Packages

**Personal Attention**  
to focus on your specific needs

**Better Technique**  
to create higher efficiency

**More Confidence**  
to give you the FM Edge

# Faster Swimming

**Monthly Special**

Order a Personal Pass and receive a complimentary Special Event of your choice (\$99 value)

## TQ100 Intro Pack

Everything you need to get started.



### Get off on the right foot with our Intro Pack!

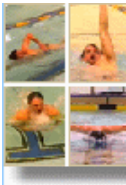
Looking for the best way to begin. It's our TQ100 Intro Pack, an all inclusive starter package. Recommended for all levels of competitive swimmers from beginner to world class.

- TQ100 Tools (1 hr)
- TQ101 Hydro Dynamics (1½ hr)
- TQ102 Core of the Stroke (1½ hr)
- Includes: TQ101 & TQ102 Workbooklets & Liquid Lou Control Painter

Personal (4 hrs): 1 swimmer \$699  
2 swimmers \$569 | 3 swimmers \$519

## Specialty Stroke Focus Pack

Select your stroke



### Thoroughly cover a specific stroke

Our Specialty Stroke Focus Pack covers a selected stroke to provide your swimmer with an integrated understanding of high performance technique. Recommended for all competitive swimmers.

- Select your stroke:
1. Structure (1½ hr)
  2. Hydro Dynamics integration (1½ hr)
  3. Force integration (1½ hr)
  4. Timing integration (1½ hr)
  5. Blend (1½ hr)
  6. CPR & workshop (1½ hr)

Personals (9 hrs): 1 swimmer \$1459 | 2 swimmers \$1179 | 3 swimmers \$1069

*Monthly Billing*

## The Pipeline Pass (1 Participant)

*Save on all your Personals!*  
The Pipeline is our comprehensive program designed for swimmers who work with Fluid Mechanics consistently and benefit from their consultants' attention and guidance.

Purchase your Personal Pass and get access to our Personal Clinics & Workshops for any 2 month period! (maximum of 6 sessions/2 month period)

Benefit	1 Swimmer	2 Swimmers	3 Swimmers
Personal 1½ Hour	2 Per Month	2 Per Month	2 Per Month
Small Group Workshops	1 Per Month	1 Per Month	1 Per Month
<b>Pricing</b> All options include continuous Advisor, Pipeline Plan™ & Footsteps™			
\$200 Registration	1 Swimmer	2 Swimmers	3 Swimmers
Monthly Billing	\$779	\$629	\$569
Upgrade Workshops (to Personal form Small Group)	\$999	\$789	\$709
	1 Swimmer	2 Swimmers	3 Swimmers
	\$519	\$419	\$379
	\$629	\$499	\$449

Promos

## Event In The Spotlight

### SY113 Macro 360 Special Event

Prepare for your upcoming season!



Make sure your swimmer is ready for their season.

A successful season starts with setting goals and determining the pathway to achieve them. Our consultants give you a head start on your competition and measure your progress in our Macro 360.

Swim any 2 races (500, 200, 100, 50), strength testing, goalsetting, seasonal plan.

#### Union Boys & Girls Club

Union, NJ (New Jersey\_Northeast)  
#18065 Small Group Special Event  
Sat Oct 22, 6:00pm-9:00pm

List Price ~~\$99.00~~ | Special \$69.00

Order by 9/22/11 only \$39

## Upcoming Events

### TQ120/30 Starts & Turns Day Camp

*Fine tune your starts & turns!*

#### Union Boys & Girls Club

Union, NJ (NJ\_NE)  
#18052 Midsize Day Camp  
Sat & Sun Oct 1 & 2, 4:00pm-8:00pm



Price \$489.00

Starts & Turns

### TQ110 Strokes Day Camp

*All four strokes!*

#### Union Boys & Girls Club

Union, NJ (NJ\_NE)  
#18061 Midsize Day Camp  
Sat & Sun Oct 15 & 16, 4:00pm-8:00pm



Price \$489.00

Save \$20 each w/friend

### TQ112 Backstroke Clinic

*Mastering backstroke for the competitive swimmer.*

#### Union Boys & Girls Club

Union, NJ (NJ\_NE)  
#18068 Small Group Clinic  
Sun Oct 23, 4:00pm-5:30pm



List Price ~~\$99.00~~ | Special \$89.00

Save \$10

### TQ110 Your Choice of Stroke Workshop

*Your choice of stroke.*

#### Union Boys & Girls Club

Union, NJ (NJ\_NE)  
#18069 Small Group Workshop  
Sun Oct 23, 5:30pm-6:30pm



List Price ~~\$79.00~~ | Special \$69.00

Save \$10

### TQ100 Intro Pack Day Camp

*Everything you need to get started!*

#### Union Boys & Girls Club

Union, NJ (NJ\_NE)  
#18070 Midsize Day Camp  
Sat Oct 29, 4:00pm-8:00pm



List Price ~~\$289.00~~ | Special \$259.00

Save \$30

**BikM\_NJ\_FMLst\_FMLst\_111015**

Offers limited to one use per customer and valid only on new orders through Nov 15, 2011 unless otherwise specified. Offers may not be combined with other special pricing or discounts. Pricing and special offers are subject to change without notice.