

FM NY_LI
September 2011

FM Avatars

Fluid Mechanics, Inc.



What's Inside

- | | |
|-----------------|----------------------|
| 2. Products | 3. Learn To Swim |
| 4. Small Groups | 5. Day Camps |
| 6. Personals | 7. Personal Packages |
| 8. Promos | |

Fluid Mechanics, Inc.

www.fluidmechanics.net

1.800.266.5179

Product Highlights



Product In The Spotlight

TQ100 Technique Chart of Your Choice

The anatomy of technique for swimmers & coaches.



Master your technique!

TQ100 breaks down your topic into its phases. This laminated chart includes all 12 properties of each control on the level you select.

20% off

List Price \$29.00 | Special \$23.00

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

List Price \$139.00 | Special \$109.00

Monthly Special

Order any set of TQ Technique Chart/s and receive 20% off

ES111 Energy Systems Training Guide

Get the most out of your teams training program!



A must have "tool of the trade" for training!

Our ES111 Energy Systems Training Guide keeps your training on target every day of the year. A blueprint of intensity, duration, rest and yardage volumes are provided in one easy to read chart. Utilized as a seasonal & daily training guide for all competitive swimmers and coaches.

Price \$69.00

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 swimmer into a powerhouse!

Is your swimmer strengthening the right muscles for competitive swimming? Our SF111 strength training programs target effective muscle groups and build particular strength needed for specific events. Choice of Distance, Middle Distance or Sprint.

Price \$89.00

Theraband 4 Pack

Injury prevention.



Keep your athlete healthy!

Theraband resistive exercises improve strength, range of motion and help reduce the risk of injury.

Therabands come in a variety of colors. Each color signifies the level of resistance of the theraband. One 3 foot section of each yellow, red, green & blue.

Price \$29.00

For a complete listing of our products visit 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

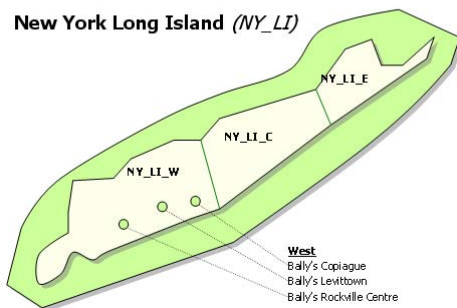
Monthly Special

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

Facility Schedule

| New Jersey_Northeast | Sat | Sun | Mon | Tue | Wed | Thu | Fri |
|------------------------------------|----------------------------------|----------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|-----------------------------------|
| Union B&G 9/1-12/31/11 | 6:00am-10:00am 3:00pm-11:30pm | 6:00am-11:30pm | 6:00am-3:00pm 4:30pm-11:30pm | 6:00am-3:00pm 4:30pm-11:30pm | 6:00am-3:00pm 4:30pm-11:30pm | 6:00am-3:00pm 4:30pm-11:30pm | 6:00am-3:00pm 4:30pm-11:30pm |
| New York_Long Island | Sat | Sun | Mon | Tue | Wed | Thu | Fri |
| Bally's Cop 9/1-12/31/11 | 1:00pm-8:00pm | 1:00pm-6:00pm | 5:00am-11:00am 12:00pm-6:00pm | 5:00am-11:00am 12:00pm-6:00pm | 5:00am-11:00am 12:00pm-6:00pm | 5:00am-11:00am 12:00pm-6:00pm | 5:00am-10:00am 12:00pm-10:00pm |
| Bally's RckvllCntr 9/1-12/31/11 | 9:00am-7:00pm | 9:00am-5:00pm | 6:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00am 10:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00pm |
| Bally's LkGrve 9/1-12/31/11 | 9:00am-7:00pm | 9:00am-5:00pm | 6:00am-9:00pm | 6:00am-9:00pm | 6:00am-9:00pm | 6:00am-9:00pm | 6:00am-9:00pm |
| Bally's Lev 9/1-12/31/11 | 8:30am-9:30am 10:30am-7:30pm | 8:30am-5:30pm | 6:30am-9:30am 10:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00pm |

New York Long Island (NY_LI)



Learn to Swim Levels 1-3

Pre-Competitive Levels 4-6

| Prices | 1 Hour Lessons Ages 3 & older | | | 1 Hour Pre-Comp Lessons Ages 6-8 | | |
|----------------|----------------------------------|------------|------------|-------------------------------------|------------|------------|
| | 1 Swimmer | 2 Swimmers | 3 Swimmers | 1 Swimmer | 2 Swimmers | 3 Swimmers |
| Single Session | \$99 | \$89 | \$79 | \$129 | \$119 | \$109 |
| Three Session | \$289 | \$249 | \$229 | \$369 | \$349 | \$319 |
| Five Session | \$469 | \$429 | \$369 | \$599 | \$569 | \$519 |
| Eight Session | \$699 | \$649 | \$599 | \$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 Small Group Pass Plus
Order a Small Group Pass plus receive your first Personal Clinic for only \$199. (List Price \$259 | Save \$60)

Upcoming Schedule

For an updated listing visit www.fluidmechanics.net

New York_Long Island (NY_LI)

Bally's Copaque (Bally's Cop)

| | | | |
|-------------|------------|---------------|--------------------------------------|
| #18607 | Sun Aug 21 | 2:00pm-3:30pm | Clinic_TQ111 Freestyle |
| #18615 | Sun Aug 21 | 3:30pm-4:30pm | Workshop_TQ110 Your Choice of Stroke |
| #18608 | Sun Aug 28 | 2:00pm-3:30pm | Clinic_TQ112 Backstroke |
| #18616 | Sun Aug 28 | 3:30pm-4:30pm | Workshop_TQ110 Your Choice of Stroke |
| #18663 | Sun Sep 11 | 3:00pm-4:30pm | Clinic_TQ011 Freestyle |
| #18671 | Sun Sep 11 | 4:30pm-5:30pm | Workshop_TQ110 Your Choice of Stroke |
| #18664 | Sun Sep 18 | 3:00pm-4:30pm | Clinic_TQ112 Backstroke |
| #18672 | Sun Sep 18 | 4:30pm-5:30pm | Workshop_TQ110 Your Choice of Stroke |
| \$89 #18665 | Sun Sep 25 | 3:00pm-4:30pm | Clinic_TQ113 Butterfly |
| \$69 #18673 | Sun Sep 25 | 4:30pm-5:30pm | Workshop_TQ110 Your Choice of Stroke |
| #18674 | Sun Oct 2 | 4:30pm-5:30pm | Workshop_TQ110 Your Choice of Stroke |
| #18667 | Sun Oct 9 | 3:00pm-4:30pm | Clinic_TQ130 Turns |
| #18675 | Sun Oct 9 | 4:30pm-5:30pm | Workshop_TQ130 Your Choice of Turn |
| #18668 | Sun Oct 16 | 3:00pm-4:30pm | Clinic_TQ111 Freestyle |
| #18676 | Sun Oct 16 | 4:30pm-5:30pm | Workshop_TQ110 Your Choice of Stroke |
| #18669 | Sun Oct 23 | 3:00pm-4:30pm | Clinic_TQ112 Backstroke |
| #18677 | Sun Oct 23 | 4:30pm-5:30pm | Workshop_TQ110 Your Choice of Stroke |
| #18670 | Sun Oct 30 | 3:00pm-4:30pm | Clinic_TQ113 Butterfly |
| #18678 | Sun Oct 30 | 4:30pm-5:30pm | 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 4 Day Camp Package and get a 1½ hr Personal Clinic for only \$169 (Save \$90)

Upcoming Schedule

For an updated listing visit www.fluidmechanics.net

September

#18679 TQ100 Intro Pack Day Camp

Bally's Copaugue

Copaugue, NY (NY_LI)

Sat Sep 10, 3:30pm-7:30pm

Price \$289.00

#18683 TQ110 Strokes Day Camp

Bally's Copaugue

Copaugue, NY (NY_LI)

Sat Sep 17, 3:30pm-7:30pm

List Price ~~\$489.00~~ | Special \$449.00

#18680 TQ100 Intro Pack Day Camp

Bally's Copaugue

Copaugue, NY (NY_LI)

Sat Sep 24, 3:30pm-7:30pm

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

October

#18666 TQ114.1 Breaststroke Flat Clinic

Bally's Copaugue

Copaugue, NY (NY_LI)

Sun Oct 2, 3:00pm-4:30pm

List Price ~~\$489.00~~ | Special \$449.00

#18681 TQ100 Intro Pack Day Camp

Bally's Copaugue

Copaugue, NY (NY_LI)

Sat Oct 8, 3:30pm-7:30pm

Price \$289.00

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 | Day 2 |
| TQ111 Freestyle | TQ113 Butterfly |
| TQ112 Backstroke | TQ114.1 Breaststroke Flat |

TQ120/30 Starts & Turns Day Camp

Fine tune your starts & turns!



| | |
|-----------------------|---------------------------------|
| Day 1 | Day 2 |
| TQ121 Racing Starts | TQ122 Backstroke Start |
| TQ131 Freestyle Turn | TQ133 Breast & Fly Turn |
| TQ132 Backstroke 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.

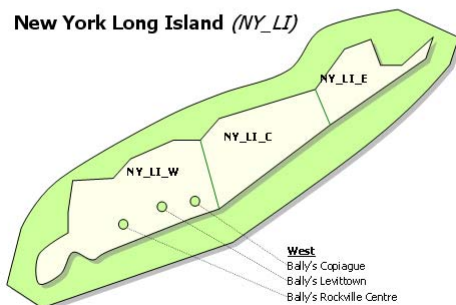
Monthly Special

The Bakers Dozen
Get 13 for the price of 11!

Facility Schedule

| New Jersey_Northeast | Sat | Sun | Mon | Tue | Wed | Thu | Fri |
|------------------------------------|----------------------------------|----------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|-----------------------------------|
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| Bally's RckvllCntr 9/1-12/31/11 | 9:00am-7:00pm | 9:00am-5:00pm | 6:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00am 10:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00pm |
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New York Long Island (NY_LI)



| 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 Specialty Stroke Focus Pack and receive a complimentary TQ Workshop Kit (List Price \$129)

Monthly Billing

The Pipeline

The Pipeline is our comprehensive program designed for swimmers who work with Fluid Mechanics consistently and benefit from special attention and guidance from their consultants.



| Benefits | Option A Learn it | | | Option B Fix it | | |
|---|----------------------|----------|----------|--------------------|----------|----------|
| Personal 1½ Hour | 3 Per Month | | | 2 Per Month | | |
| Small Group Workshops | 2 Per Month | | | 1 Per Month | | |
| Pricing All options include continuous Advisor, Pipeline Plan™ & Footsteps™ | | | | | | |
| | 1 | 2 | 3 | 1 | 2 | 3 |
| \$200 Registration | Swimmer | Swimmers | Swimmers | Swimmer | Swimmers | Swimmers |
| Monthly Billing | \$779 | \$629 | \$569 | \$519 | \$419 | \$379 |
| Upgrade Workshops (to Personal form Small Group) | \$999 | \$789 | \$709 | \$629 | \$499 | \$449 |

Promos



Event In The Spotlight

TQ114.1 Breaststroke Flat Clinic

Mastering flat breaststroke for the competitive swimmer.



In our TQ114.1 course participants break down breaststroke flat into phases.

Bally's Copaugue

Copaugue, NY (New York_Long Island)
#18666 Small Group Clinic
Sun Oct 2, 3:00pm-4:30pm

List Price ~~\$489.00~~ | Special \$449.00

Save \$40

Upcoming Events

TQ100 Intro Pack Day Camp

Everything you need to get started!

Bally's Copaugue

Copaugue, NY (NY_LI)
#18679 Midsize Day Camp
Sat Sep 10, 3:30pm-7:30pm



Price \$289.00

Get Started

TQ110 Strokes Day Camp

All four strokes!

Bally's Copaugue

Copaugue, NY (NY_LI)
#18683 Midsize Day Camp
Sat Sep 17, 3:30pm-7:30pm



List Price ~~\$489.00~~ | Special \$449.00

Save \$40

TQ113 Butterfly Clinic

Mastering butterfly for the competitive swimmer.

Bally's Copaugue

Copaugue, NY (NY_LI)
#18665 Small Group Clinic
Sun Sep 25, 3:00pm-4:30pm



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

Save 10%

TQ110 Your Choice of Stroke Workshop

Your choice of stroke.

Bally's Copaugue

Copaugue, NY (NY_LI)
#18673 Small Group Workshop
Sun Sep 25, 4:30pm-5:30pm



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

Save \$40 w/clinic order

SY113 Macro 360 Special Event

Prepare for your upcoming season!

Union Boys & Girls Club

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



List Price ~~\$99.00~~ | Special \$39.00

Save \$60

[BIKM_NY_LI_FMLst_Schd_110815](#)

Offers limited to one use per customer and valid only on new orders through Sep 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.