

FM PA_E
September 2011

FM Avatars

Fluid Mechanics, Inc.



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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

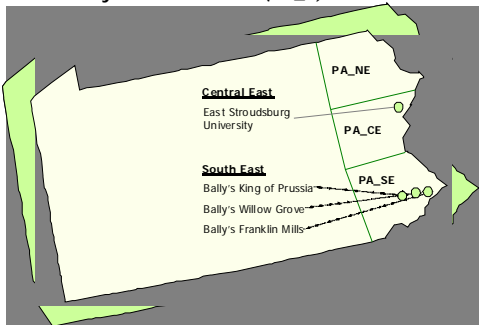
Monthly Special

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

Facility Schedule

New Jersey_Central West	Sat	Sun	Mon	Tue	Wed	Thu	Fri
CAN DO_Prncn 9/1-12/31/11	1:00pm-6:30pm	1:00pm-6:30pm	7:00pm-10:30pm	7:00pm-10:30pm	7:00pm-10:30pm	7:00pm-10:30pm	7:00pm-10:30pm
Pennsylvania_East	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Bally'sKing of Prussia 9/1-12/31/11	8am – 5:30pm	8am – 5:30pm	6am – 10:30pm	6am – 10:30pm	6am – 10:30pm	6am – 10:30pm	6am – 8:30pm
Bally's Willow Grove 9/1-12/31/11	8:30am – 6:30pm	8am – 5:30pm	6:30am –8:30am 9:30am- 10:30pm	6:30am – 10:30pm	6:30am –8:30am 9:30am- 10:30pm	6:30am – 10:30pm	6:30am –8:30am 9:30am- 8:30pm
Bally's Franklin Mills 9/1-12/31/11	8:30am – 6:30pm	8:30am – 5:30pm	6:30am – 10:30pm	6:30am – 10:30pm	6:30am – 10:30pm	6:30am – 10:30pm	6:30am – 8:30pm

Pennsylvania Eastern (PA_E)



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 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

Pennsylvania_East (PA_E)

Bally's Philadelphia-King of Prussia (Bally'sKing of Prussia)

#18630	Sun Aug 21	4:30pm-6:00pm	Clinic_TQ111 Freestyle
#18639	Sun Aug 21	6:00pm-7:00pm	Workshop_TQ110 Your Choice of Stroke
#18631	Sun Aug 28	4:30pm-6:00pm	Clinic_TQ112 Backstroke
#18640	Sun Aug 28	6:00pm-7:00pm	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

August

#18622 TQ100 Intro Pack Day Camp

Bally's Philadelphia-King of Prussia

King of Prussia, PA (PA_E)

Tue Aug 30, 3:00pm-7:00pm

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

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

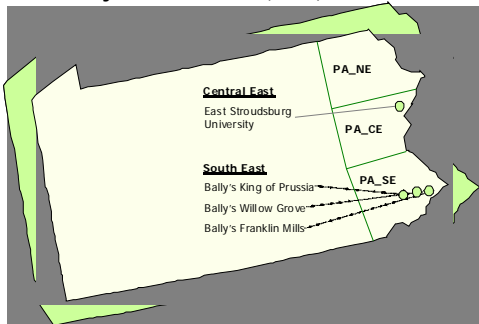
The Bakers Dozen
Get 13 for the price of 11!

Facility Schedule

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Bally's Franklin Mills 9/1-12/31/11	8:30am - 6:30pm	8:30am - 5:30pm	6:30am - 10:30pm	6:30am - 10:30pm	6:30am - 10:30pm	6:30am - 10:30pm	6:30am - 8:30pm

Pennsylvania Eastern (PA_E)



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)

TQ100 Intro Pack

Everything you need to get started.



Get off on the right foot with our Intro Pack!

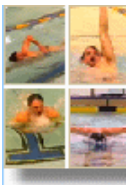
Looking for the best way to begin. It's our TQ100 Intro Pack, an all inclusive starter package. Recommended for all levels of competitive swimmers from beginner to world class.

- 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 attention and guidance from their consultants.

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



Promos

Upcoming Events

Event In The Spotlight

BIKM_PA_E_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.