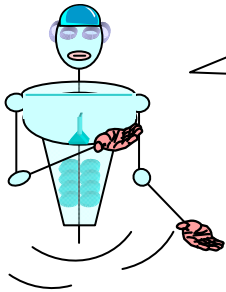


# *Fluid Mechanics Residential Swim Camp*



**Registration  
packets are due  
within 1 week!**  
Physical examination  
required.

Congratulations on selecting the Fluid Mechanics Residential Swim Camp. Our Certified Consultants are looking forward to assisting you in learning proper stroke mechanics through the use of unique educational techniques. We will do everything possible to make camp a positive experience that you will remember for years to come.

Please fill out the enclosed forms, sign and have your parents sign in the appropriate places, and return or fax them to the address below within three weeks of receipt. Most forms have a front and back to fill out. All residential camp forms are due no later than April 1. All day camp forms are due no later than one month prior to your camp. The earlier we receive your forms the more likely we will be able to accommodate your requests. If you have any questions, please feel welcome to call or e-mail us.

We look forward to seeing you soon!



**Fluid Mechanics, Inc.**

PO Box 20862

Lehigh Valley, PA 18002

Phone (610) 837-9999 Fax (610) 837-2668

e-mail: [swim@fluidmechanics.net](mailto:swim@fluidmechanics.net)

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

# East Stroudsburg University

## Campus Map

- 1** Koehler Field House  
Pool



- 2** University Apartments  
Housing



- 3** Dansbury Commons  
Cafeteria



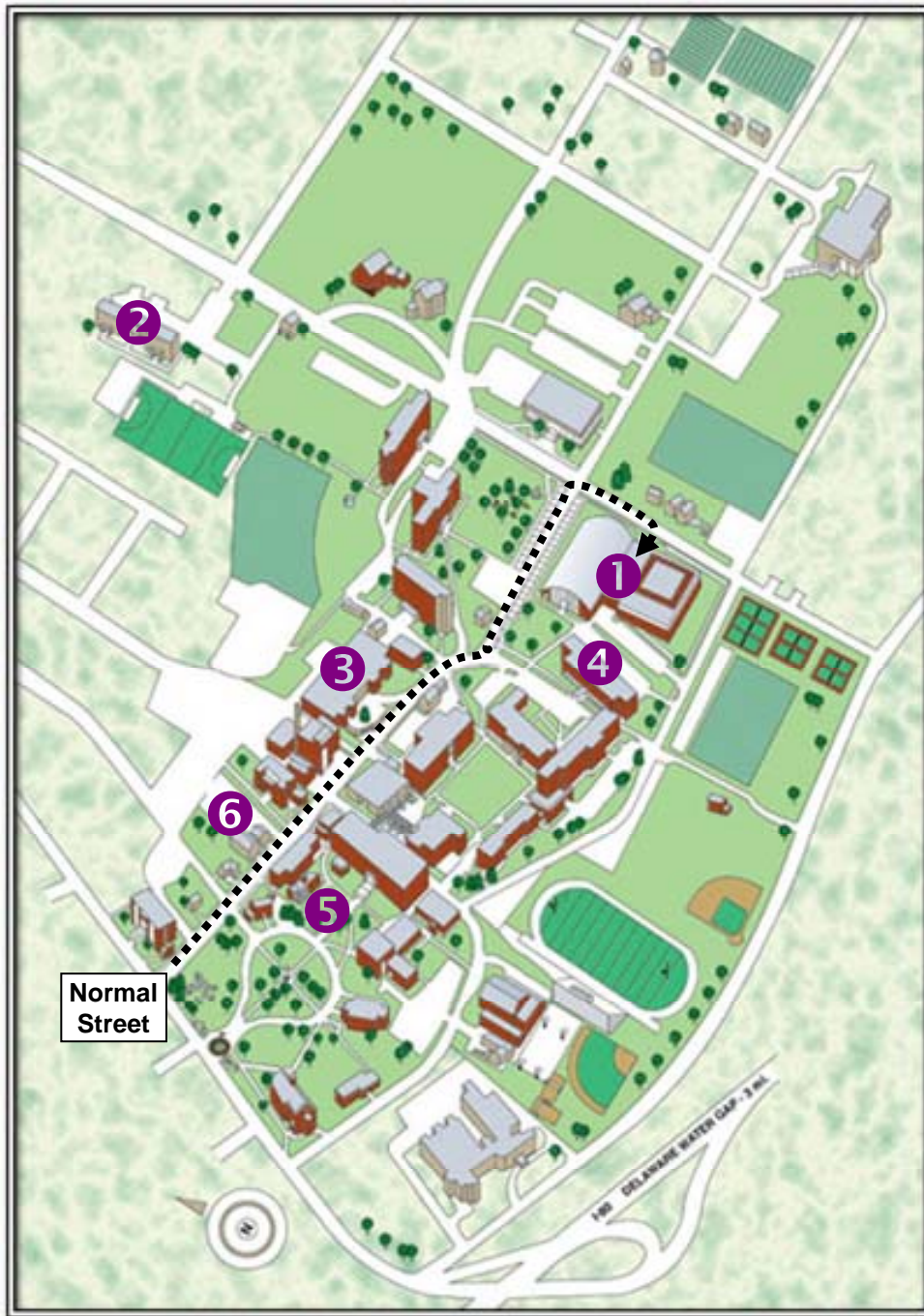
- 4** Linden Residence Hall  
Relaxation



- 5** Beers Lecture Hall  
Birds of Prey, Movies, etc.



- 6** Information Center  
& Campus Police



Problems finding your way?  
Call (570) 422-3063

# Event Registration Information

East Stroudsburg University,  
East Stroudsburg, PA (Eastern PA)

7 Day, 5 Day Advanced, 7 Day Advanced  
June 27 – July 3

## Fill Out & Return Forms

Registration forms are **due within 3 weeks** from receipt of confirmation. A physical examination signed by your physician is required. The physical examination must have been performed within 12 months of the last day of your camp.

## Registration

**Make sure to have lunch before check-in**



	Check In	Check Out
7 Day	Sun Jun 27 11:30 AM - 12:30 PM	Sat Jul 3 11:00 AM - 12:00 PM
5 Day Advanced	Tue Jul 3 11:30 AM - 12:30 PM	Sat Jul 3 11:00 AM - 12:00 PM
7 Day Advanced	Sun Jun 27 12:00 PM - 1:00 PM	Sat Jul 3 11:00 AM - 12:00 PM

## Key Deposit

A \$50 refundable key deposit will be required at registration.

## Parents:

There will be a complimentary parents orientation session on Sun Jun 27 from 12:30 PM - 1:00 PM in the Koehler Field House Classroom. Find out about Fluid Mechanics and the program your children are about to experience.

## During Camp

All medications, with the exception of inhalers and vitamins, will be held and administered by the camp medical supervisor. Please fill out enclosed medication form and return, if applicable. Although every effort is made to permit all campers access to pay telephones to call home, there is no guarantee of their availability. Therefore, it is recommended that campers bring cellular telephones.

## Pick-up Policy:

If campers are to be released to persons other than those designated at check-in written authorization is required no later than day of check-in.

Facilities require all camp related persons to vacate the premises immediately after check-out.

Please be sure to pick up your camper during the times specified for check-out.



## Items to Remember

### Dorms:

- ❖ Soap
- ❖ Shampoo
- ❖ Toothbrush & toothpaste
- ❖ Pillow
- ❖ Bed linens for single bed
- ❖ Cellular telephone  
*(due to availability public telephone usage at camp is limited)*
- ❖ Alarm clock
- ❖ Fan



### Pool:

- ❖ Suits
- ❖ 2 swim caps (if applicable)
- ❖ Swim bag
- ❖ 2 pairs of goggles
- ❖ Plastic water bottle
- ❖ Flippers
- ❖ Sweats
- ❖ Sneakers
- ❖ 2 or 3 Towels



### Other:

- ❖ TQ200 Technique Workbook
- ❖ Liquid Lou Control Painter
- ❖ ES111 Energy Systems Training Guide
- ❖ TQ Workshop Kit (5 Day Advanced Campers)
- ❖ A positive attitude
- ❖ NO REFRIDGERATORS
- ❖ NO ELECTRONIC APPLIANCES
- ❖ NO GLASS CONTAINERS
- ❖ minimal spending money - **less than \$20 in small bills or change recommended**
- ❖ Any other necessities

# Directions To East Stroudsburg University

## East Stroudsburg University

Koehler Fieldhouse  
East Stroudsburg, PA 18301  
(570) 422-3063

### 1 Koehler Field House Pool



Registration will be held in the lobby of Keohler Field House

#### From the Tappan Zee Bridge & points northeast:

Follow Interstate 87 West from the Tappan Zee Bridge to Interstate 287 South. Follow I-287 South to I-80 West. Follow I-80 West to the toll bridge at the Delaware River, which serves as the border between New Jersey and Pennsylvania. Continue on I-80 West for about 3 miles and take Exit 308, the East Stroudsburg exit. When you reach the end of the exit ramp, make a right onto Prospect Street. Turn right at Mobil station. Pass hospital on left and take first left after tennis courts on Smith Street. Koehler Fieldhouse is the first building on your left. See campus map on reverse side.

#### From New York City & points east:

Follow Interstate 80 West (it crosses the George Washington Bridge as it leaves New York City) to the toll bridge at the Delaware River, which serves as the border between New Jersey and Pennsylvania. Continue on I-80 West for about 3 miles and take Exit 308, the East Stroudsburg exit. When you reach the end of the exit ramp, make a right onto Prospect Street. Turn right at Mobil station. Pass hospital on left and take first left after tennis courts on Smith Street. Koehler Fieldhouse is the first building on your left. See campus map on reverse side.

#### From Trenton & points southeast:

From Trenton, take NJ 31 North to US 46 West to Interstate 80 West. Follow I-80 West to the toll bridge at the Delaware River, which serves as the border between New Jersey and Pennsylvania. Continue on I-80 West for about 3 miles and take Exit 308, the East Stroudsburg exit. When you reach the end of this exit ramp, make a right onto Prospect Street. Turn right at Mobil station. Pass hospital on left and take first left after tennis courts on Smith Street. Koehler Fieldhouse is the first building on your left. See campus map on reverse side.

#### From Philadelphia & points south:

Follow the northeast extension of the Pennsylvania Turnpike, Interstate 476, north to the Allentown-Bethlehem-Easton exit (Interstate 78/US 22). Exit at the Allentown-Bethlehem-Easton exit, and go east, following I-78 East/US 22 East. After a short distance, I-78 East and US 22 East split. At the split, stay to the right, following US 22 East. Take US 22 East to the exit for PA 33 North; this exit is located a few miles east of the Lehigh Valley International airport.

Follow PA 33 north. After fifteen miles or so, PA 33 North and US 209 North split. Follow US 209 North for about ten miles when it merges into I-80 East. Follow I-80 East to Exit 308 (East Stroudsburg). When you reach the end of the exit ramp, make a right onto Prospect Street. Turn right at Mobil station. Pass hospital on left and take first left after tennis courts on Smith Street. Koehler Fieldhouse is the first building on your left. See campus map on reverse side.

#### From Harrisburg & points southwest:

Follow Interstate I-78 East to Allentown. I-78 East will join with US 22 East along the way. Just west of Allentown, I-78 East and US 22 East split. At the split, stay to the right, following US 22 East. Take US 22 East to the exit for PA 33 North; this exit is located a few miles east of the Lehigh Valley International airport.

Follow PA 33 north. After fifteen miles or so, PA 33 North and US 209 North split. Follow US 209 North for about ten miles when it merges into I-80 East. Follow I-80 East to Exit 308 (East Stroudsburg). When you reach the end of the exit ramp, make a right onto Prospect Street. Turn right at Mobil station. Pass hospital on left and take first left after tennis courts on Smith Street. Koehler Fieldhouse is the first building on your left. See campus map on reverse side.

#### From State College & points west:

Follow I-80 East to Exit 308, the East Stroudsburg exit. When you reach the end of the exit ramp, make a right onto Prospect Street. Turn right at Mobil station. Pass hospital on left and take first left after tennis courts on Smith Street. Koehler Fieldhouse is the first building on your left. See campus map on reverse side.

#### From Scranton & points northwest:

Follow Interstate 380 South to Interstate 80. Follow I-80 East to Exit 308, the East Stroudsburg exit. When you reach the end of the exit ramp, make a right onto Prospect Street. Turn right at Mobil station. Pass hospital on left and take first left after tennis courts on Smith Street. Koehler Fieldhouse is the first building on your left. See campus map on reverse side.

