



Fluid Mechanics 09-10 NJ April Schedule

*The swimming experts
Nov-Jul, 2010 All Regions*



Registration Now In Progress!

Bringing swimmer 's dreams to life.

Our experts are working behind the scenes every day providing the tools swimmers need to think, move and train for results.

So their dreams don't remain just dreams.



It's a *speed* thing!

Prst Std
US Postage
PAID
Middletown, NJ
Permit No. 77

Dated Material



Residential Swim Camp

The focus of our award winning Residential Swim Camp is the development of each swimmer's mind, body and spirit. Our camps combine technique, psychology, strength and in-water training all into one package!

Swimmers leave camp with the confidence to set new goals and the knowledge to work towards achieving them.



7 Day Program!

#15186 SY200 Premier Swim Camp

One of the finest camps in the country!

Our Premier Swim Camp is robust in every way incorporating 3 different levels of courses in an assortment of topics and formats. Suggested for all levels of competitive swimmers.

East Stroudsburg University

East Stroudsburg, PA (Pennsylvania_East)

7 Days: Sun Jun 27, 11:30am - Sat Jul 3, 11:00am

42 topics, 100-200 level clinics.

7 Day Program!

#16232 SY300-7 Advanced Swim Camp

The camp that has everyone talking.

Our 7 Day Advanced Swim Camp offers swimmers who have completed extensive Fluid Mechanics coursing an opportunity to refresh for 2 Days and then focus on refining their skills in a workshop setting for the last 5 Days.

Prerequisite courses: Participants must have completed a minimum of one TQ200 level topic and be familiar with our 300 level tools. Swimmers attending the Premier Swim Camp are eligible to continue on to the Advanced Swim Camp.

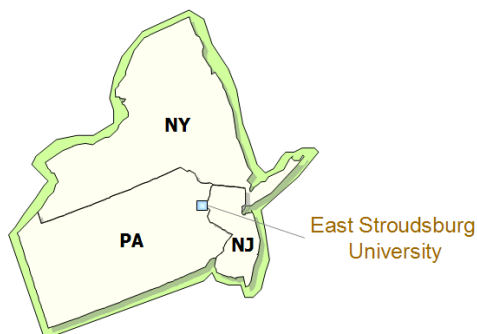
East Stroudsburg University

East Stroudsburg, PA (Pennsylvania_East)

7 Days: Sun Jun 27, 11:30am - Sat Jul 3, 11:00am

42 topics, 100-300 level workshops & clinics.

East Stroudsburg, PA (Unv_ESU)



5 Day Program!

#15188 SY300-5 Advanced Swim Camp

The camp that has everyone talking.

Our Advanced Swim Camp offers swimmers who have completed extensive Fluid Mechanics coursing an opportunity to focus on refining their skills in a workshop setting.

Prerequisite courses: Participants must have completed a minimum of one TQ200 level topic and be familiar with our 300 level tools. Swimmers attending the Premier Swim Camp are eligible to continue on to the Advanced Swim Camp.

East Stroudsburg University

East Stroudsburg, PA (Pennsylvania_East)

5 Days: Tue Jun 29, 12:00pm - Sat Jul 3, 11:00am

31 topics, 200-300 level workshops & clinics.

Residential Camp Prices

Now registrating for summer 2010

Monthly billing available.

Packages	Premier 7 Day	Advanced 5 Day	Advanced 7 Day
Traditional	\$1199	\$1199	\$1399
Personal	\$1399	\$1399	\$1599
Analysis	\$1399	\$1399	\$1599
Deluxe	\$1499	\$1499	\$1699
Video Stroke Clinics	Single Clinic Add \$259 or 4 Pack add \$929		
Groups of 4-8 swimmers 5% off 9-12 swimmers 10% off base package!			

Fluid Mechanics Residential Swim Camp
An experience of a lifetime!

Residential Packages

Select from our variety of packages to personalize your camp experience

Residential Camp Special

Order your Residential Camp and receive a \$50 credit to your account for additional products or services. Or register with a friend and get a \$100 credit each.

Traditional Package



Our robust Traditional Package includes room, board, in-water and dryland activities, exciting evening programs, a goody bag & your personalized videotape to take home with you.

Premier 7 Day	Advanced 5 Day	Advanced 7 Day
\$1199	\$1199	\$1399

Analysis Package



A picture says a thousand words. When you order our Analysis Package you receive the Traditional Package plus our remarkable video analysis in slow-motion and stop-action with our Certified Analyst's comments voice-over dubbed on the video.

Premier 7 Day	Advanced 5 Day	Advanced 7 Day
\$1399	\$1399	\$1599

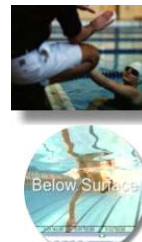
Personal Package



Try our Personal Package on for size which adds 4 half hour personal stroke clinics to our Traditional Package. (total 2 hr) (only 3 swimmers per group)

Premier 7 Day	Advanced 5 Day	Advanced 7 Day
\$1399	\$1399	\$1599

Deluxe Package



You get it all when you step up to our Deluxe Package which wraps the Traditional, Personal and Analysis Packages all into one incredible camp!

Premier 7 Day	Advanced 5 Day	Advanced 7 Day
\$1499	\$1499	\$1699



Video Stroke Clinic (VSC)

The ultimate in personal attention!

Add our Video Stroke Clinics to any package to get the ultimate in personal attention. We bring the TV, VCR and the swimmer's videotape over to the side of the pool to provide a personal analysis/in-water clinic combination. Your choice of topic. (1 hr session)

Single Clinic	4 Session Pack
\$259	\$929



Product Highlights

For a complete listing of our products visit www.fluidmechanics.net



Product In The Spotlight

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

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

Product Special

Order your SF111 Strength Training Workbooklet and save \$20 (List price \$89)

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

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 \$20

List Price \$129.00 | Special \$109.00

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.

Save \$20

List Price \$89.00 | Special \$69.00