



WHYWATER?

courtney MCLAURIN

Evergreen Swims

Courtney McLaurin owns Evergreen Swims, meeting the aquatic needs of our community in a warm water, toxin free pool designed with a river mimicking current. After 25 years of moving all over the world with the military, Evergreen is the best. Her passion is to let the water work for you and keep you doing the activities you love. She is certified through the Aquatic Therapy and Rehabilitative Institute, Aquatic Exercise Association and American Swim Coaches Association. Contact her at evergreenswims@gmail.com or 720.432.5240

I propose that there are six stages of our relationship to water in a lifetime.

1. Conception through Delivery:

From conception, we are surrounded by water. Its warmth and safety supports us as we prepare for life in the world.

“We seek water for romance; it brings us to deeper connection with all we desire, long for and love.”

2. Playfulness:

As babies and toddlers on up, our connection and curiosity continues into our baby bath, toddler pool, water table, snow or yes... fascination with toilets and drinking fountains.

3. Adventure:

We are pulled to challenge water. Either to participate in or watch as others take on the rivers, open water swim, waves, perfect fishing spot or place to tear open that jet ski. Not to mention its more formed state: snow.

4. Passionate:

We seek water for romance; it brings us to deeper connection with all we desire, long for and love. Water enhances romantic walks, inspiration, to propose to or get married, to celebrate years of love and commitment. Poems have been written by the water, about water; it's a favorite allegory.

5. Healing:

Water makes up our very bodies. As our mind and body slow with limitations, it remains our place of support and healing—that safe harbor we return to from birth.

6. Constant:

Water doesn't change how it relates to our physical, mental, emotional and behavioral state. We change, but water doesn't. No matter where you are in the world or what you have been through, it remains our old friend.

Stages of Water

Water gives without you asking, but doesn't force you. It knows you. It forms to support you and lift you... literally. It is forever there to reconcile with you when you are ready to trust it again.

In our facility, we experience the relationship with water being explored, discovered and enjoyed in every way, each day.

—**Prenatal classes** allow the mother to relate to and experience what their unborn child has. The relaxation and connection between the two is miraculous.

—**Infants and Babies** explore it outside the womb, as they develop trust of both parent and water, bonding with both in this new world.

—**Children** discover how the water works with them, why it acts the way it does and how to have a lifelong relationship with it in all its forms.

—**Overstimulated or sensory heightened** seek out the calming, enveloping support beneath the surface.

—**Reconciliation** with water has happened with near drowning or relational drowning experiences.

—**Healing** happens for those who wish to access what gravity can't allow anymore. Some prepare for surgery or take on adventures in water. Others heal physically, emo-

tionally, mentally and neurologically. This looks like working out, massage or floating in its warm embrace.

—**Playful Adults** are abundant in our classes as couples and friends both new and old rediscover the playfulness, fellowship and joy it brings.

You don't stop laughing when you grow old. You grow old when you stop laughing.

—**George Bernard Shaw**

We are proud to offer the premiere destination bringing awareness to swimming for all life stages through:

- Comfort
- Healing
- Therapeutics
- Education
- Confidence

Thanks to the Evergreen community for voting us **Evergreen Chamber of Commerce New Business of the Year 2017** and embracing this vision!

Classes are now forming for children and adults. Reach out to schedule a one-on-one with free initial consultation in the water. New ongoing special: Give the gift of water! \$125 Gift Certificate for \$100 or \$75 for \$60.

Service driven... we deliver quality and value... **guaranteed**... we do more for **you!**

AVAILABLE AD SPACE : 37%