

# CALA Canadian Aquafitness Leaders Alliance Inc. Handout

## 12 Days of Christmas



**Have fun** with this holiday suggestion.

Using the song “12 Days of Christmas” create a routine using CALA moves. Write out your routine on flip chart paper and post it for your participants to follow. If you have pictures or drawings of each move, you may want to include them.

Have your participants become a part of the routine by singing along. By the time they are finished the song, they will know the name of each move.

In your planning you may want to survey your participants to find out what their favourite moves are and incorporate them into your routine. .

For each move add complimentary arms. You may want to vary tempos and incorporate LAPS to add some variety.

For other CALA moves please refer to your CALA Water Bottle (available through CALA) or your CALA Manual.

Remember to get in the water and try your routine to make sure it flows and will challenge your participants.

- 1 swivel (change directions)
- 2 moguls
- 3 tuck
- 4 x ski
- 5 jumping jack
- 6 pendulum
- 7 rocking horse
- 8 sartorius jog
- 9 hamstring jog
- 10 donkey kick
- 11 skate ski
- 12 jog or march