

CALA Visual and Non-Verbal Cues

Canadian Aquafitness Leaders Alliance

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A	S	E	T	N	U	N	A	G	N	A	I	O	O	N	R	H	I	G	D	D	E	T
E	U	T	S	M	O	T	I	M	S	K	C	E	N	G	N	O	L	V	M	F	E	S
W	N	T	T	O	E	B	A	L	L	H	E	E	L	L	A	N	D	I	N	G	E	M
A	I	I	S	M	L	D	Q	U	A	R	T	E	R	T	E	M	P	O	N	V	T	D
T	S	N	P	L	T	S	I	N	N	N	L	D	G	H	D	U	P	O	O	E	L	E
C	O	O	A	S	B	O	G	U	I	W	E	E	T	R	N	L	I	M	D	A	E	D
H	N	P	R	T	G	E	O	N	M	R	O	A	T	L	E	S	E	L	R	F	V	N
M	M	M	A	N	S	N	I	F	O	R	E	D	O	E	L	T	R	G	A	L	E	E
Y	O	E	S	I	D	H	O	H	D	R	O	C	T	U	A	A	E	E	W	E	R	P
D	V	T	D	F	C	L	C	L	B	E	K	M	P	N	E	F	S	O	K	V	L	S
A	E	E	A	R	M	N	S	E	A	E	X	O	R	K	U	L	D	U	C	E	E	U
T	S	L	P	O	A	N	W	O	D	S	R	E	D	L	U	O	H	S	A	L	N	S
S	V	B	T	M	A	L	M	J	E	P	T	L	L	O	S	F	C	N	B	P	G	D
E	T	U	E	T	T	S	O	A	T	L	M	R	A	F	C	B	S	D	E	E	T	N
H	E	O	T	H	L	I	H	E	A	E	O	V	N	H	E	N	N	N	V	L	H	A
C	R	D	P	E	N	A	T	M	V	M	D	S	R	G	R	L	O	C	O	V	D	H
N	G	E	N	T	L	E	P	O	I	N	T	E	D	F	O	O	T	D	M	I	A	E
E	I	O	S	O	L	F	I	S	T	F	O	L	D	E	D	H	A	N	D	S	C	C
P	R	T	C	P	V	C	I	R	C	L	E	A	R	O	U	N	D	S	E	L	F	I
O	M	O	V	E	F	O	R	W	A	R	D	E	C	N	U	O	B	T	H	G	I	L
O	P	M	E	T	F	L	A	H	S	O	T	C	L	O	M	O	R	L	L	A	M	S
I	A	N	I	N	T	J	O	S	I	L	H	A	P	E	E	P	D	V	N	M	T	T
O	E	E	M	W	E	S	D	N	A	H	T	A	L	F	O	P	E	N	E	A	N	N
R	O	C	M	A	C	S	L	E	U	T	R	R	E	O	A	L	M	E	O	R	L	S

Activated Abdominals
 Breathe
 Circle Around Self
 Fist Folded Hands
 Gentle Flexed Foot
 LAPS
 Lever Length
 Long Spine
 Move Forward
 Quarter Tempo
 Small ROM
 Tempo
 Unlocked Joints

Alternate Moves
 Change Sides
 Count Down
 Flat Hands
 Gentle Pointed Foot
 Large Full ROM
 Light Bounce
 Medium ROM
 Open Chest
 Shoulders Down
 Stop
 Toe Ball Heel Landing
 Watch My

Anchored
 Chin In
 Double Tempo
 From the Top
 Half Tempo
 Level Pelvis
 Long Neck
 Move Backward
 Propulsion
 Slice Hands
 Suspended
 Unison Moves