



Water Sports in Bermuda

Do something different this summer by having fun on the water!

Crystal clear waters, sunny days, and beautiful pink sand makes Bermuda an ideal water sport hotspot!

Have Fun Getting Active

Hitting the gym or attending your favorite fitness class is great but it can get monotonous at times. Taking advantage of living in island paradise and trying various water sports is a great way to change things up!

New Way to Explore Bermuda

Sometimes the beauty our little island can be lost in the hustle and bustle of our everyday bust lives. Enjoying a weekend on the water is a great way to reconnect with nature and gain a new appreciation of our island.

Numerous Health Benefits

Besides physical activity- getting into the outdoors has several other health benefits, such as: boosting your immune system, quality vitamin D, lifting your mood and giving your brain a boost!

Water Sports offered in BDA:

- swimming
- snorkeling
- diving
- scuba diving
- helmet diving
- paddle boarding
- paddle board yoga
- canoeing
- rowing
- kayaking
- parasailing
- windsurfing
- wakeboarding
- flyboarding
- sailing
- boating
- kitesurfing
- jet skiing
- pedal boats
- parasailing





Did You Know?

Water Sports are Beneficial for People with Arthritis!

The fluidity of water is gentle and naturally soothing to achy joints. Water activities like snorkeling and swimming will facilitate the use of the affected joints without exacerbating the symptoms. Hydrotherapy is a preferred treatment for people suffering from rheumatoid arthritis.



*Sunshine is
the best medicine*



Water Sport Vendors Across the Island:

<https://www.gotobermuda.com/things-to-do/water-sports>

<https://www.hartleybermuda.com/wp/> (helmet diving)

<https://www.kswatersports.com/>

<https://www.kinezumiwatersports.com/>

<https://bdawatersports.com/>

<https://fantasea.bm/>

<https://www.h2osportsbermuda.com/>

<https://www.blueholebermuda.com/>

<https://www.pompanobeachclub.com/water-activities-833063.html>

