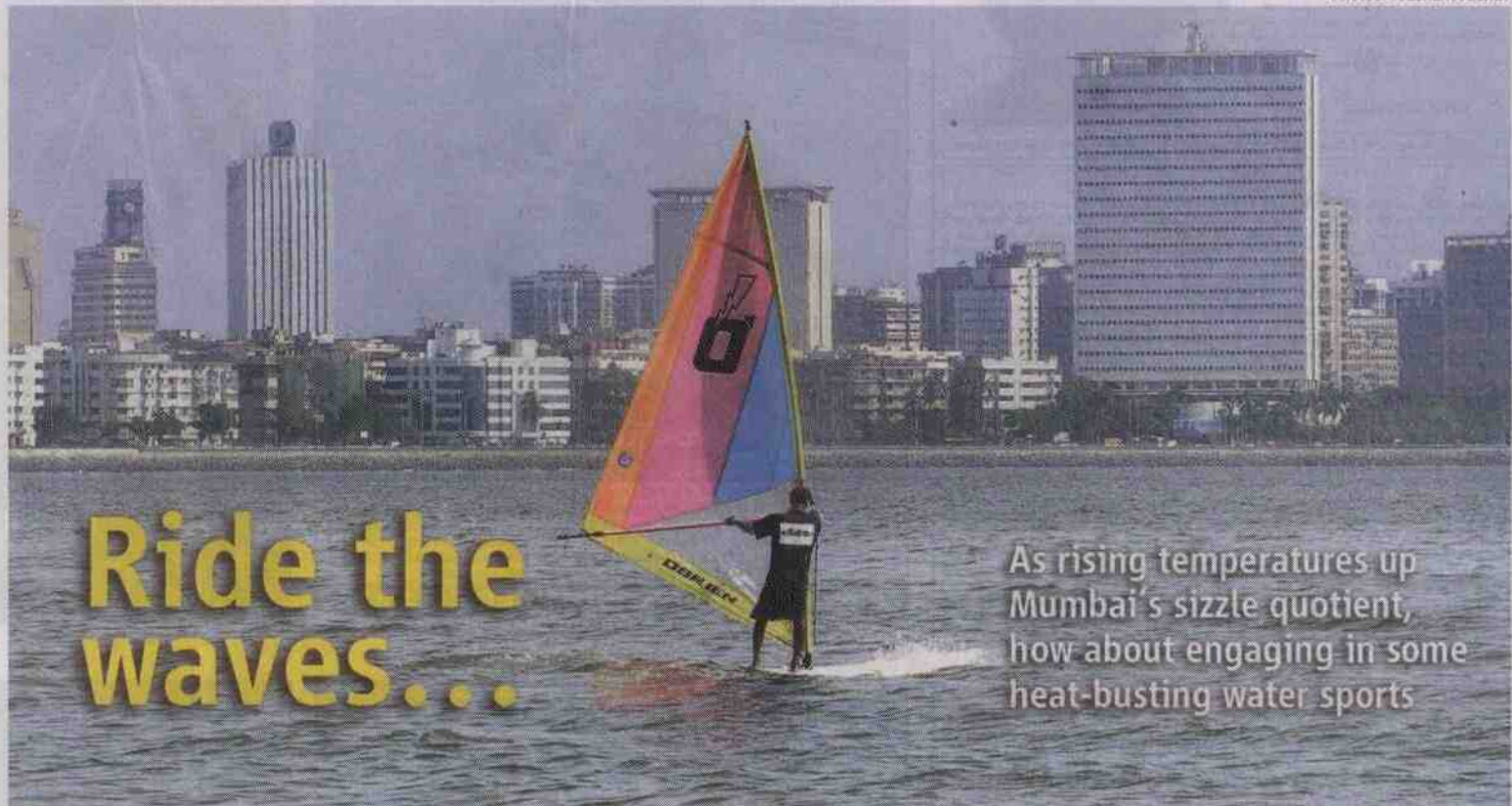


Photos: Prashant Jadhav



Ride the waves...

As rising temperatures up Mumbai's sizzle quotient, how about engaging in some heat-busting water sports

Riddhi Doshi

DO you enjoy the feeling of the wind in your hair and the splash of water against your skin? If yes, then take out your water skis, wakeboards, kneeboards, snorkel gear, water toys, etc and head to the big blue, for Mumbai now has many exciting options for water sports lovers.

Stand-up paddle surfing (SUP)

SUP was tried out for the first time in Mumbai a few days ago. Rajeev Bhatia from the water sports centre at Chowpatty says, "Stand-up paddle surfing is a cross between kayaking and board surfing. One has to stand on the boat. The person has to paddle on one side and balance on the other. It's quite challenging but a lot of fun."



Clockwise from top: Wind surfing, kayaking and stand-up paddle surfing

The fee is Rs4,000 for five turns. It includes usage of the equipment. But if you want to buy your own equipment, you will have to shell out about Rs65,000. People across all age groups can enroll for SUP. The minimum age requirement is 10 years.

Kayaking and wind surfing

Kayaking is also taught at Chowpatty. Rajeev says, "For this one, we take kids from eight years and

above. And even grown-ups are welcome." The cost for learning kayaking is Rs3,000 for six turns.

Scuba diving

Scuba diving has surely caught the fancy of many. Actor Abhay Deol and film-maker Abhishek Kapoor have gotten into scuba diving in a big way. And if you want to learn the same, head to Sea Princess in Juhu or Body Rhythm in Mantralaya.

Scuba diving instructor Neet Shah says, "People need to be in good health. The minimum age requirement is 10 years. And the fees are Rs12,000 for the sessions in Mumbai. But this has to be followed by a few sessions of diving in the ocean. And thereafter one receives a scuba diving certificate that enables them to dive at any of the certified diving centres in the world."

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