Can I Use My Reebok Smartwatch for Swimming?

Inas B. - 2026-11-24 - Before You Buy

Swimming suitability depends on your Reebok smartwatch model.

Reebok Kinetic

Yes. Reebok Kinetic has a 5ATM water-resistance rating and supports swimming in shallow water under appropriate conditions.

Keep the following precautions in mind:

- Do not use your watch for scuba diving or high-velocity water activities.
- Avoid pressing the physical buttons underwater.
- Rinse your watch with fresh water after exposure to salt water or chlorinated water.
- Dry your watch thoroughly after swimming.

Reebok Stride, Rush, Pulse, and Icon

These models have an IP68 water-resistance rating, which indicates protection against dust and immersion in water under specified laboratory testing conditions.

However, IP68 does not establish suitability for swimming or guarantee protection in every water-related situation. Swimming can involve repeated movement, changing water pressure, prolonged exposure, and conditions that differ from controlled laboratory testing.

Important: Water resistance can deteriorate over time due to normal wear, aging, physical damage, or deterioration of seals. Avoid exposing your watch to water if it is damaged or its casing has separated.