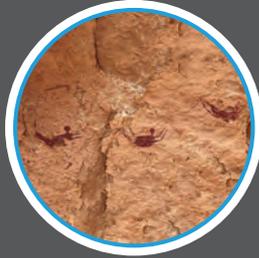


Swimming has been an activity humans have enjoyed in various forms for thousands of years. While some people class swimming as merely another sport like basketball, we believe it is helpful to realize swimming can also be used as an activity for recreation, relaxation, health, bathing and meditation. Here are a few interesting facts about swimming's history.

Swimming is an ancient activity. There have been cave paintings found in southern Egypt, along with Babylonian rock paintings depicting swimming.



7000BC

In Japan swimming was one of the noble skills of the Samurai, and historic records describe swimming competitions in 36 B.C. organized by emperor Suigui, which are the first known swimming races.



36BC



Romans took great pleasure and pride in building bathhouses with heated pools. These were for relaxation, but also gossip and politics. There was an ancient pool found in a palace in India dating to 2800 BC.

50AD

1482



Leonardo Da Vinci attempted to make swimming easier with several swimming devices including a modern rescue tube. It is reported but not confirmed that he stated 'swimming is the closest thing to flying for humans.'

Ben Franklyn was an avid swimmer who was inducted into the swimming hall of fame. He invented the swimming fins – or flippers as we call them in Australia, a teaching aid still used today.



1756

Duke Kahanamoku (August 24, 1890 – January 22, 1968) was a native Hawaiian who earned the reputation as an all round water-man and swimming pioneer. Not only was he a 5-time Olympic medalist at 3 separate Olympic games, but also popularized the ancient Hawaiian art of surfing.



1890



The first Olympic Games to have swimming as an event was Athens in 1896, with only men allowed to compete. Women's swimming events were introduced at the Stockholm games in 1912.

1896

1899



Freestyle or Front Crawl as it is known in America is based on the **Trudgen** that was improved by Richmond **Cavill** from Sydney, Australia. **Cavill** developed the stroke by observing a young boy from the Solomon Islands, **Alick Wickham**.