

# How Swimming Came To Be

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Old swimming pool



Ever wonder about the history of swimming? About who was the first swimmer? Or when it became part of the Olympics? Well, now you'll know, because we're going back in time to see the history of swimming.

## When Swimming Was Invented

We're going back in time to learn about swimming's history. Some people think that swimming was invented when someone fell in the water and started doing what is now called the doggie paddle.

But did you know that swimming was invented in only the first century?

Although this is true, Egyptians made pictures and symbols for swimming in only 2500 B.C! That's a LONG time ago.

## The First Swimming Races

In 1896, swimming became part of the Olympics. But it was only after 1912 when women could participate too.

Did you know that an Olympic sized pool could hold up to about 85,000 gallons of water? Shocking, huh?

The most medals ever won in one Olympics (swimming) record is held by Michael Phelps with 22 medals! Mark Spitz won 7 gold medals in the 1972 Olympic games!

## Ancient Swimming Pools

The Ancient Romans built the first ever swimming pool. The Ancient Romans lived long ago, so that was lots and lots of years ago.

Also, the oldest concrete pool was built in Texas, 1915. About three years after women could swim in the Olympics. The deepest swimming pool in the world is in Brussels, Belgium. It is 108 feet deep! Would you want to go swimming in there?

## Swimming Now

Swimming has changed in many ways through out the years. The slowest Olympic stroke is the breaststroke and the fastest is the freestyle/crawl.

Did you know that we use around 195 billion gallons of water to fill our pools in the U.S? Imagine one gallon of water. Now imagine 195 billion of those! Hard to picture, huh? Well, that's how much water we use for swimming pools in the U.S!

Another cool fact is that about 65% of Americans don't know how to swim! That's more than half of the people in America! Isn't that unbelievable?