Benjamin Franklin was one of the Founding Fathers of the United States of America and was a leading author, printer, satirist, political theorist, politician, scientist, diplomat and statesman of his era. He was a competent swim coach and teacher; he advised on water safety, lifeboat rescue escape from shipwrecks, and the advisability of universal learn-to-swim classes. He is credited with the invention of wooden hand paddles and was an avid swimmer all his life, as an early proponent of physical fitness. He is also an inductee in the International Swimming Hall of Fame (1968).

Expanded Biography (Openwaterpedia)

Long Swims Database (Marathon Swimmers Federation) - No entry expected