About us:

Ex-Protea teammates Gerhard Swiegers and Lindsay Adams with their long list of credentials for the sport of gymnastics and physical education, have teamed up at the beginning of 2014 to look after the interest of gymnastics and the gymnasts who are participating in this sport in Stellenbosch.

The need for a strong men's coaching unit was created in the area and they took the opportunity. In their first year as coaches, they have coached five gymnasts that became national champions in their age groups at the 2014 National Championships.

Stellenbosch Gymnastics have grown from strength to strength and they have secured the contract as coaches of the Stellenbosch University (Maties Gymnastics) team. The club has also acquired two more coaches to strengthen the coaching unit. Joel Manual a current Senior Olympic gymnast and Protea gymnast (coached by Lindsay Admas) and Celeste Visagie, an Ex-Protea with many International competitions under her belt, both provide their expertise at a coaching level.

Stellenbosch Gymnastics share a facility with other sports and it has two halls available for training sessions. The facility is also the only facility in the Western Cape with a full "ressie type" safety pit which makes training at a higher level possible and safer. The facility plays home for the regular Provincial High Performance division due to the benefit of having the safety pit and good standard apparatus.