



# RUSH EXTREME SPORTS TEAMBUILDING

- A COURT MONITOR WILL TAKE YOUR COMPANY AROUND FOR A 45-MINUTE STRUCTURED TEAM BUILDING.
- PLEASE BRING ALONG COMFORTABLE CLOTHING - THIS IS PHYSICAL!
- A PRIVATE SPACE WILL BE AVAILABLE FOR YOUR TEAM TO STORE THEIR BELONGINGS. FILTERED WATER AND HIGH-SPEED WIFI WILL BE AT YOUR DISPOSAL

## STRUCTURE

24 PAX PER HOUR - LARGER GROUPS WILL BE SPLIT UP  
ACTIVITIES CAN BE CHANGED AROUND AS NEEDED

### 1. MAIN COURT

10 MINUTES WARM UP ON MAIN COURT. BASIC TECHNIQUES OF USING A TRAMPOLINE WILL BE COVERED. YOU ARE IN SAFE HANDS!

### 2. EXTREME DODGEBALL

STRATEGY AND COMMUNICATION ARE KEY TO SUCCESS IN THIS GAME! AN INSANELY FUN ACTIVITY THAT WILL TEST YOUR HAND EYE COORDINATION!

### WATER BREAK

### 3. FOAM PIT TAG & RACE

RACING THROUGH THE FOAM PIT IS A CHALLENGE! TAG YOUR TEAMMATE TO FINISH FIRST! MORAL SUPPORT WILL GO A LONG WAY HERE!

### WATER BREAK

PLEASE NOTE: TEAM BUILDINGS CAN ONLY BE BOOKED DURING OFF-PEAK TIMES.  
(TUES - THURS & FRI BEFORE 2PM)

### 4. ROCK CLIMBING

FOR THOSE THAT LOVE A 1 vs 1 CHALLENGE!  
STRAP ON YOUR HARNESS AND RACE TO THE TOP! FASTEST TIME WINS

### 5. NINJA RELAY

EVERYONE WILL FEEL WHAT IT'S LIKE TO BE A NINJA! FASTEST TIME THROUGH THE COURSE WILL SCORE THE POINTS!

### 6. BATTLE BEAM

ARE YOU READY TO DO BATTLE WITH YOUR BOSS? REMAIN FOCUSED AND BE THE LAST PERSON STANDING!

**FREE JUMP WITH REMAINING TIME**  
20% DISCOUNT ON SLUSHIE IN THE CAFE

**R220<sub>pp</sub>\***  
1 HOUR TEAM BUILDING

**R305<sub>pp</sub>\***  
2 HOURS TEAM BUILDING

\* INCLUDES RUSH NON-SLIP SOCKS





# CATERING OPTIONS

(FULLY HALAAL)

CHICKEN WRAP

GRILLED CAJUN CHICKEN PIECES, WITH FRESH LETTUCE, TOMATO, PICKLED RED ONION & MAYO

R50

SINGLE DOG

A SINGLE CHICKEN VIENNA ON A FRESH BUN WITH SAUCES OF YOUR CHOICE

R30

DOUBLE DOG

2 CHICKEN VIENNA'S ON A FRESH BUN WITH SAUCES OF YOUR CHOICE

R40

## SAVOURY PLATTER

(SERVES 6-8)

INCLUDES ALL LISTED ITEMS BELOW

R299

CHICKEN MAYO SANDWICHES

SHREDDED CHICKEN WITH GARLIC, ONION, MAYO, SALT & PEPPER

CHEESE SANDWICHES

FRESHLY GRATED CHEDDER CHEESE, SEASONED WITH SALT AND PEPPER

CHICKEN WRAP'S

GRILLED CAJUN CHICKEN PIECES, WITH FRESH LETTUCE, TOMATO, PICKLED ONION & MAYO

## LARGE PIZZA OPTIONS

MARGHERITA

MOZZARELLA CHEESE WITH A TOMATO BASE

R95

CHICKEN & MUSHROOM

CHICKEN & MUSHROOM, ON A TOMATO BASE

R110

HAWAIIAN

CHICKEN, PINEAPPLE, ON A TOMATO BASE

R110