# RUSH EXTREME SPORTS

- 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. TOWER CHALLENGE**

CHALLENGE YOUR TEAM TO BUILD THE TALLEST TOWER! BUT....THERE ARE LIMITED FOAM BLOCKS SO YOU MUST ACT FAST!

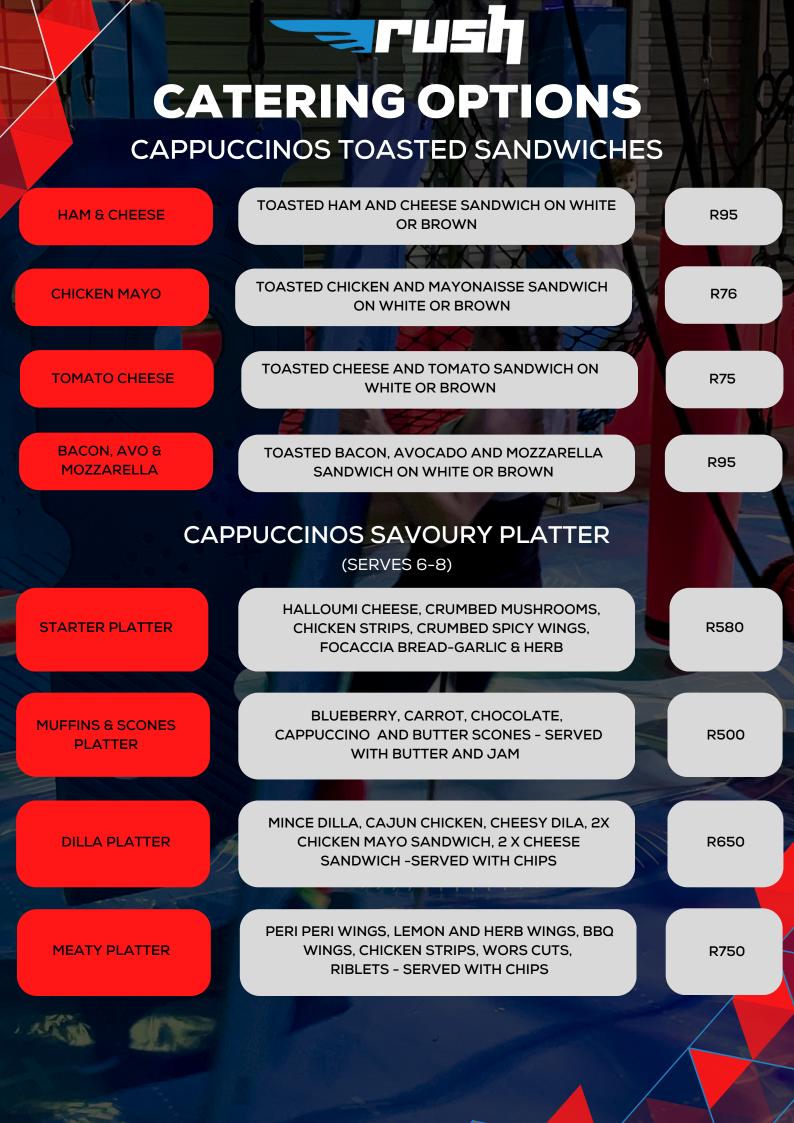
#### 6. BATTLE BEAM

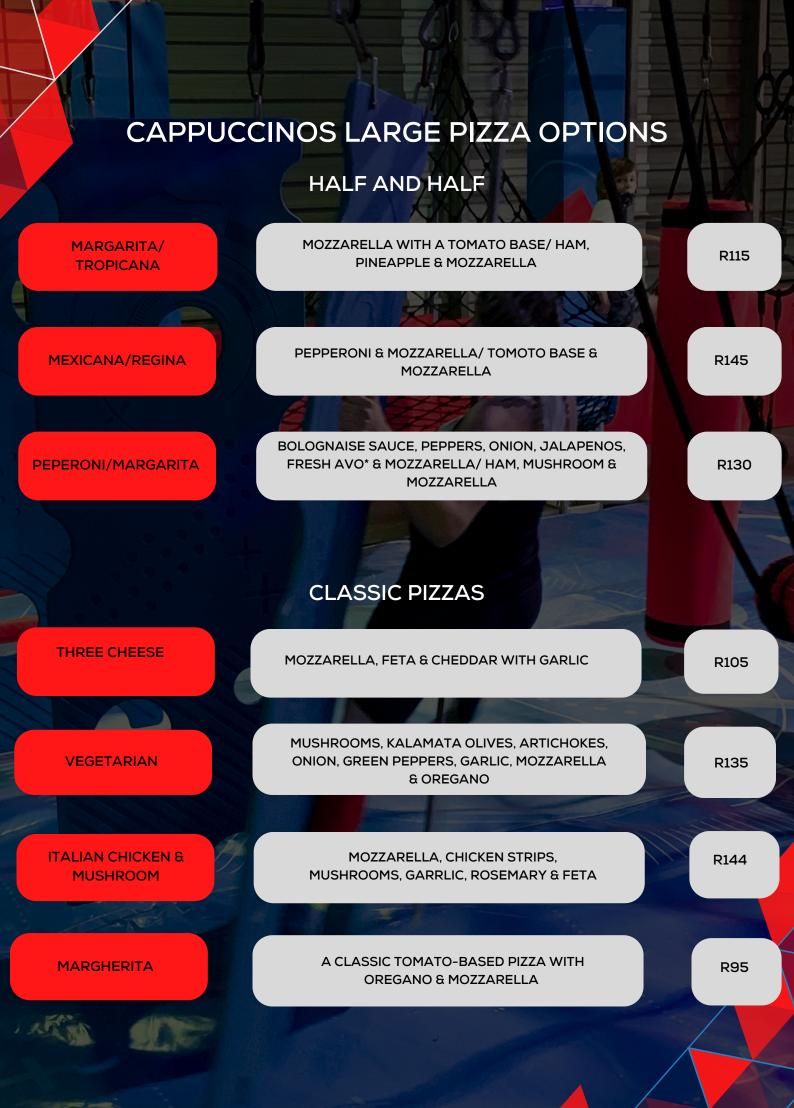
ARE YOU READY TO DO BATTLE WITH YOUR BOSS? REMAIN FOCUSED AND BE THE LAST PERSON STANDING!

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

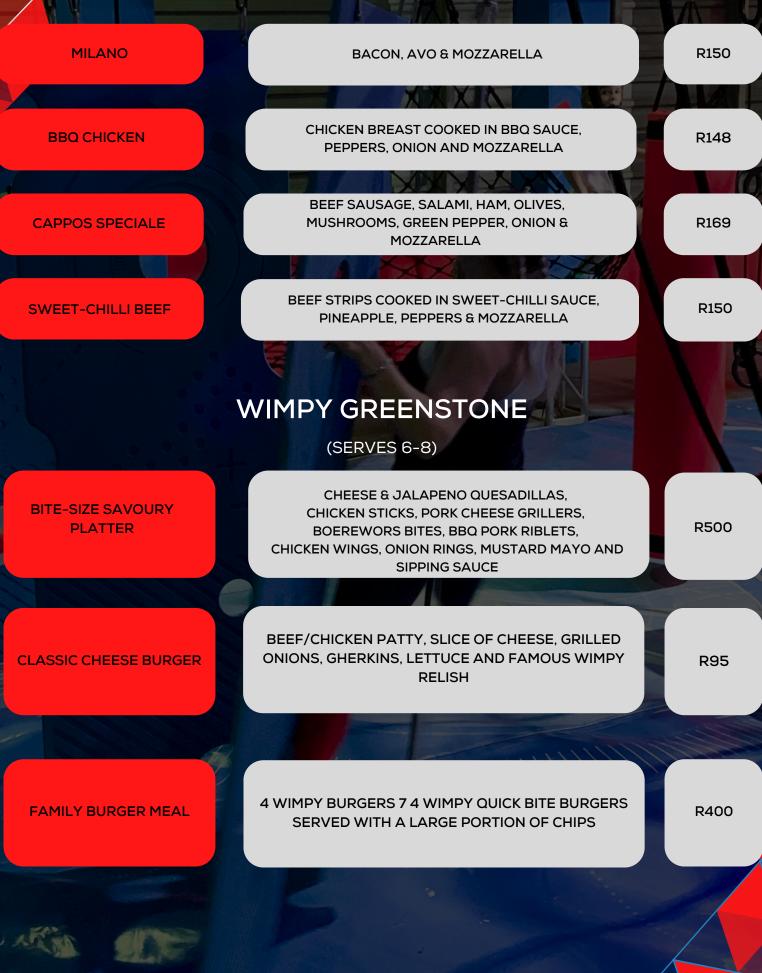


**2 HOURS TEAM BUILDING** 





#### **GOURMET OPTIONS**



## MUCHACHOS

ALL FOOD IS HALAAL

**BITE-SIZE PLATTER** 

#### CHICKEN BURGERS, BBQ CHICKEN WINGS, CHICKEN STRIPS, CHIPS, DIPPING SAUCES

MUCHACHOS BAMBINO OPTIONS

JOSE - CHICKEN FILLET BURGER/PEDRO - BEEF BURGER/SPEDDY - 4X BATTERED CHICKEN STRIPS

R75

R650

FAMILY FIESTA MEAL

TWO CHICKEN BURGERS, TWO KIDDIES CHICKEN BURGERS - 6 CHICKEN STRIPS, BEEGEST CHIPS

R350

### **RUSH CAFE'S REFRESHMENTS**

