



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

R120^{pp}*
1 HOUR TEAM BUILDING

R220^{pp}*
2 HOURS TEAM BUILDING

*EXCLUDES 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

CHICKEN, ON A TOMATO BASE

R130

HAWAIIAN

CHICKEN, PINEAPPLE, ON A TOMATO BASE

R140