

COME AND TEST YOUR NINJA SKILLS!



YOU ARE INVITED TO JOIN TOTAL NINJA PARTY!

DATE

TIME

WHERE Lourensford Wine Estate, Lourensford Road, Somerset West, Cape Town, 7130

RSVP TO

RSVP BY

GET IN TOUCH WITH US | BOOK ONLINE TODAY

☎ 021 020 0262

✉ ssw@totalninja.co.za

📞 071 774 1913

📧 totalninja.co.za/bookings

Lourensford Wine Estate, Lourensford Rd
Somerset West, Cape Town, 7130



COME CELEBRATE WITH TOTAL NINJA!



CLIMB, BALANCE, JUMP & SWING TO DEVELOP YOUR NINJA SKILLS

HOW TO FIND US

Lourensford Wine Estate, Lourensford Road, Somerset West, Cape Town, 7130



Monday - Sunday

9am - 8pm

School & Public Holidays

As above (closed Easter Sunday, Christmas Day and Boxing Day)

Times subject to change, please check our live booking page on totalninja.co.za before your visit. We strongly advise pre-booking sessions before arrival to avoid any disappointment.

PREPARING TO NINJA

► WHEN TO ARRIVE

Please aim to arrive 15 minutes before the start of the party to allow enough time for check-in, introductions safety briefing. Your Ninja hosts will be ready to welcome you!

► WHAT TO WEAR

Athletic, comfortable clothing with some stretch, along with long-sleeved tops to protect arms is recommended. To ensure hygiene and to safely enhance the experience on the equipment, Total Ninja socks are mandatory and will be provided on arrival.

Please remember to remove all jewellery and loose items before entering the course. These can be stored securely in the complimentary lockers provided by Total Ninja.

► FOOD

Please advise of any food intolerances or dietary requirements.

► PARTICIPATION WAIVER & SAFETY

A participation waiver is required. Please support in completing before the day of the party to avoid any delays.



SEE YOU THERE!

► IMPORTANT WEB LINKS

TERMS & CONDITIONS totalninja.co.za/terms-and-conditions

ONLINE WAIVER <https://totalnijasomersetwest.lilypadpos.app/public/onlinewaiver/waiver.php>

BOOKINGS totalninja.co.za/bookings

FREQUENTLY ASKED QUESTIONS totalninja.co.za/faq

RULES & SAFETY totalninja.co.za/staying-safe