



# iSHOPS



of Northern Virginia

SABRAS & PIONEER campers entering grades 3-8 choose one iSHOP per week.

Instruction time for each elective is 3 hours over a 2 day period.

Sign up soon as space is limited.

Each iSHOP is led by a professional instructor.

(Minimum of 5 campers required to run an iShop)

Please note that select iSHOPS have an additional cost

▶ **KRAV MAGA** – Martial Arts – Learn self defense and self discipline while having fun with Jhoon Rhee institute of Tae Kwon Do.

▶ **FENCING** – As one of the safest sports, fencing makes fitness fun! It builds muscle strength, provides a great cardiovascular workout, and improves endurance coordination and speed. Our instructor will bring all the equipment and campers are sure to enjoy this iShop. Led by Jun Liang fencing Academy.

▶ **LEATHER CRAFTING** – Learn to carve and stamp designs on a variety of leather pieces. Design beautiful keepsakes that you'll hold special for years to come.

▶ **BASEBALL CLINIC** – Rhinehart Baseball has been coaching kids and perfecting their pitching, catching and hitting skills for years. Coach Billy brings all the equipment, just bring your game!

**NEW ANCIENT BATTLEFIELDS**  
eSTEAM eXplorers travel back to the days of ancient times to build their temples, homes, and ports - don't get too comfortable, the Romans invade and you'll have to protect your homeland!

▶ **TENNIS** – Led by the David Lemar Tennis Program, whether you are an advanced tennis player and looking to improve your skills or just starting out, our tennis instructors will guide you to where you need to go. Emphasis is on forehand and backhand drive, serve, footwork, rules, correct form and court etiquette. Ratio 1:6

▶ **BASKETBALL CLINIC** – Led by Coach Rhinehart. Campers will learn basketball skills and techniques that include passing, shooting, dribbling and other fundamentals of the game.

This iShop will also include scrimmages to reinforce teamwork.

▶ **JEWELRY DESIGN** – Want to impress your friends? In this iShop you will learn different techniques on how to make your very own macramé friendship jewelry.

▶ **MASTER CHEF** – Do you love to cook? In this iShop campers will be able to bring out their true talent while cooking a variety of dishes and pastries and they will come out a true master chef!

**NEW TIME TRAVELERS**  
eSTEAM eXplorers travel through time inventing creations of the day! Pyramids, Catapults, Great Walls, and more are just a few action packed eXpeditions!

▶ **ENGINEERING WITH LEGO** – From Noah's Ark to a life sized car, campers will build a Lego creation as a team under the direction of Sir Brixalot Lego

**NEW NEW TIE DIE CREATIONS** – Love to Tie Die? In this iShop campers will make the most unbelievable tie die creations ever!

▶ **SOCCER CLINIC** - Led by the coaches from Golden Boot Soccer. In this iShop you will improve your offense skills, ability to score goals, practice volleys, breakaways and fancy foot moves. Learn good decision making and how to think like a winner!

**NEW SECRET AGENT**  
eSTEAM eXplorers learn the tricks and trades of being a secret agent! You'll even build your own spy kit to bring home!



**NEW** TABLET TECHIES

Want to learn how to use a tablet, become an alchemist or even code your own video game? Join the eSTEAM eXplorers Tablet Techies and launch yourself into Tech!

- ▶ **ULTIMATE FRISBEE** – Do you know how to really throw a Frisbee? Learn from the professionals in this amazing team building and fun sport!
- ▶ **DUCT TAPE DESIGN** – Make wallets, purses and more all out of duct tape!

**NEW** SURVIVING THE WILD!

Can you survive the wild? eSTEAM eXplorers learn the basics of surviving outdoors: safety, shelters, tools, food, fire and rescue!

- ▶ **MARTIAL ARTS** – Learn self defense and self discipline while having fun with Jhoon Rhee institute of Tae Kwon Do.

**NEW** FUTURAMA

eSTEAM eXplorers discover life in future cities and outer space while inventing new ways to travel, grow food, or even communicate using brain waves!

**NEW** VOLCANOES, QUAKES & TSUNAMIS

eSTEAM eXplorers create volcanoes, earthquakes and tsunamis in this natural wonders camp! See if your tunnels, buildings and beaches can withstand the test as your creations eXplode, quake and flood!

- ▶ **CHOCOLATE CREATIONS** – If you love chocolate you will love this iShop. Campers will shape their own chocolate pieces and decorate them with a variety of chocolate paints.
- ▶ **RESTAURANT MANIA** – Do you love to cook. Learn from the best how to make real quality restaurant food
- ▶ **AMAZING ACCESSORIES** - If you like accessories then this iShop is right for you. Create your own style hair bands, headbands, purses and more!
- ▶ **CUPCAKE WARS** – Do you love to bake? In this iShop campers will be able to bring out their true talent while baking a variety of cupcakes in a friendly competition with their friends.



To sign up to an ishop please go online to [www.CGIInova.com](http://www.CGIInova.com)

