

Type	CCA	Training Day	Time	Venue	Teacher in Charge	Instructor / VAL	Other Remarks
UNIFORMED GROUPS	GIRL GUIDES	Tue	1500h - 1700h	Guides Den Blk A or B / Red Service Rd/ Grass patch beside Pulse Studio	Ms Shuryani Bte Abdul Wahab (I/C) Ms Lakshmi	Ms Atiqah Bte Samad	COH on Tuesdays are for the Sec 3s & 4s GG only.
		Fri	1430h - 1800h				
	NCC*	Wed (Planning n preparation, if any)	1500h - 1700h	Blk B / Red Service Rd	Mr Tony Neo (I/C) Mr Karthigesu Mr Joel Wong	Bevan / Abdul Rahman / Gautham / Elfie / Jay/ Hakimi/ Barani/ Jia Zhi	CCA session once a week on every Friday. Wednesday is reserved for additional trainings such as NDP/ make-up sessions for Friday/ planning by seniors and PDS trainings.
		Fri	1430h - 1730h				
	NPCC	Wed will be for Sec 3 Cadet Leaders to do their Training planning (if any)	1515h - 1730h	Outside NPCC Room Blk A 1-4 classroom for lectures	Mdm Linda Ng (I/C) Ms Vijayaletchumi d/o Karupaia Mr Tan Yong Zhi	Chuan Heng/ Desmond / Hanif / Hao Yang / Crystal / Shao Feng	Ad-hoc basis - Visits to police establishment and courses at other schools.  Field / basketball court for Recreational activities on Fridays.
		Fri	1400h - 1730h				
	RED CROSS	Wed	1510h - 1800h	Blk A / Red Service Rd / Parade Square	Ms Roxanne Choy (I/C) Ms Bazilah Baderi	HARIZH KUMARAN S/O RAMACHANDRAN / LAI ZHI BING / CHIENG JOSIAH	Odd Week Trainings- Only on Friday. Wednesday is Ad-hoc basis for preparation for events or competitions. Even Week Trainings- Both Wednesday and Friday
		Fri	1430h - 1730h				
	SCOUTS	Wed	1500h - 1730h	Backgate Field / Red Service Rd (Front of Scouts Room)	Mr Kenny Hong (I/C) Ms Qian Ling	1. Jordan Low  2. Ng Seng Eee	Even Week (Wednesday) CCA sessions only for Upper Sec. However, Lower Sec may be involved as well on an ad-hoc basis for preparation for unit/area events.
		Fri	1400h - 1730h				
SPORTS & GAMES	BADMINTON	Tues, Wed	1600-1800	Jurong East Sports Hall / Taman Jurong Community Club/Jurong West Sports Hall/Ayer Rajah Community Club	Mr Ler Jun Yi (I/C) Mdm Chin Hsuen Wei Ms Shakirrah	Mr Lim Shi Bin /Mr Pang Zhi Kang	Venues on Tuesday and Wednesday to be booked 3 months ahead. It also varies according to the availability of the courts.
		Fri	1400-1700	ISH Level 2			
	BASKETBALL BOYS	Tue, Wed	1500h - 1800h	ISH Level 1 and 2	Mr Ng Teck Koon (I/C) Mr Goh Kai Jie Mr Jana (FAJT)	Mr Sashi Pillay	
		Fri	1400h - 1700h	Outdoor courts (JSS)			
	BASKETBALL GIRLS	Tue, Wed	1500h - 1800h	ISH (JSS)	Ms Wu Dan Amy (I/C) Mr Kumar Mdm Lee Wai Yee	Ms Alicia Quek	
		Fri	1400h - 1700h				
	CROSS COUNTRY	Tue, Wed, Fri	1530h - 1800h	School / Clementi Stadium/ Pandan Reservoir/ Macritchie Reservoir / OCBC Arena	Ms Nurul Nadia (I/C) Ms Sudha Ms Huda	Mr Loh Guo Pei	Note to Sec 1s: train twice a week (Tue and Wed) in Term 1 . Training sessions nearer to the start of NSG will be held at OCBC Arena
	DRAGON BOAT	Tues &/or Wed: Land/Water training	1530h - 1830h	School (Field, Block B L v 1 Corridor) / Water training @ JLG	Mr Riduwan Ahmad (I/C) Mr Ho Kah Yong Joel Mr Don Marcus (from April)	Mr Ng Sin Teik (main) Mr Chai Bing Liang (asst)	
		Friday: Land training	Session 1: 1330h - 1530h				
	VOLLEYBALL	Tues, Wed	1500h - 1800h	Hall / Outdoor Volleyball Court	Mdm Wang Cuifeng (IC) Ms Sarah Lee Ms Lim Li Min	Mr Shen Ke Qin (Upper sec)	Note to Sec 1s.  Term 1 - train once a week (Fri) Term 2- train twice a week (Wed,Fri) including June holidays Term 3 (onwards) - 3 times a week (Mon, Wed, Fri)
		Fri	1430h - 1730h				
	SPORTS & RECREATIONAL CLUB	Wed	1500h - 1630h	Ball Sports on the school field Cycling at Jurong Lake Park.	Ms Elizabeth Woon (I/C)		Some sessions at the gym. Most sessions on Wednesday unless there's HBL / holidays, in which case we will meet on Friday.
		Fri	1500h - 1630h	Cycling & bike maintainece at Jurong Lake Park			
PERFORMING ARTS & AESTHETICS	CONCERT BAND	Wed	1530h - 1730h	Panel Room AVA Room Classroom (Sectionals)	Ms Clarice Teoh (I/C) Ms Julianah Johar Ms Siti Hawa	Mr Erik Tan / Mr Sanche / Mr Richard Ter Wee Cher	
		Fri	1430h - 1730h				
	CHOIR	Tue	1500h - 1800h	Music Room	Ms Kalaivanni Somasundram (I/C) Ms Lau Kai Ting	Mr Keane Ong	For practices nearing competition seasons, there may be additional practices or longer training sessions
		Fri	1430h - 1630h	Newton Room			
	GUZHENG ENSEMBLE	Wed	1500h - 1700h	Art Room	Mr Koo Chee Kiong (I/C) Mdm Soo Lee Fong	Instructors - Yuan Ting, Cherie Lee, Wang Yu Lin	CCA session once a week on every Friday after SYF. Wednesday sessions are for students-led practices/ bonding when needs arise; and for Exco members for planning after SYF.
		Fri	1400h - 1700h	Music Room, Art Room			
	DANCE	Wed	1500h - 1730h	Music Room & PBL Room A	Ms Lim Wan Xin (I/C) Mdm Catherine Teh	Mr Kelvin Chow Jun Jie (Instructor)	For practices nearing SYF/competition seasons, there may be additional practices or longer training sessions
		Fri	1430h - 1730h	Pulse Studio & PBL Room A			
	ENGLISH DRAMA CLUB	Tue	1500h - 1800h	Pulse Studio	Mrs Norlinda (I/C) Mr Darius Ms Wong Qian Hui	Morph Theatre - Mr William Tan	Tues + Wed Pulse with additional training sessions closer to competition/performance
		Wed	1500h - 1800h				
CLUBS & SOCIETIES	EXPLORERS CLUB	Tue	1500h - 1800h	Makerspace AKA Imaginarium	Mr Vincent Ng (I/C) Mr Sim Chow Meng Mr Eugene Wong	Nil	Tues and Fridays
		Fri	1430h - 1730h				
	ENVIRONMENT CLUB	Tue	1500h - 1700h	Gauss Room	Mr Kannangara Don Marcus (I/C)	Nil	CCA sessions are held once a week on Fridays. During occassions like Earth Hour or Green Month, the CCA will meet on Tuesdays as well.
		Fri	1430h - 1700h				
	MEDIA & VISUAL ARTS	Tues	1500 - 1700h	Com Lab 3 & 4	Mr Lam Chee Leong (I/C) Mr Ng Chin Woon Ms Wong Tai Si	Nil	CCA sessions are held once a week on Fridays. Meeting with Exco is held every Tuesday for planning and extra training when required. Students are also rostered for Flag Raising and Hall duties everyday.
		Fri	1430h - 1700h				
	LIBRARY	Tue or Wed (either one day)	1500h - 1630h	Library Instructional Room	Mdm Zoey Oh (I/C) Ms Caroline Wooi	NIL	Students are rostered for Librarian Duty on either Tue or Wed
		Fri	1430h - 1700h				