

Type	CCA	Training Day	Time	Venue	Teacher in Charge	Other Remarks	
UNIFORMED GROUPS	GIRL GUIDES	Tue	1500h - 1700h	Blk A or B / Red Service Rd/ Grass patch beside Pulse Studio	Ms Siti Daliah Bte Amat (I/C) Ms Shuryani Bte Abdul Wahab Ms Mandaraz Lim Shi Hui	COH on Tuesdays are for the Sec 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 Eugene Wong Mr Joel Wong	CCA session once a week on every Friday. Wednesday is Ad-hoc basis for preparation n planning by seniors.	
		Fri	1430h - 1730h				
	NPCC	Wed (Sec 3 Cadet Leaders Planning, if any)	1515h - 1730h	Outside NPCC Room 1-8 classroom for lectures	Mdm Linda Ng (I/C) Ms Vijayaletchumi d/o Karupaiya Mr Tan Yong Zhi	Ad-hoc basis - Visits to police establishment and courses at other schools	
		Fri	1430h - 1730h				
	RED CROSS	Wed	1510h - 1800h	Blk A / Red Service Rd / Parade Square	Ms Roxanne Choy (I/C) Ms Bazilah Baderi Ms Catherine Teh	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) Mdm Lakshmi Mr Mahathir	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				
		BADMINTON	Tue	1500h - 1800h	Jurong East Sports Hall / Taman Jurong Community Club	Mr Brandon Chai Zhong Xun (I/C)	
			Wed, Fri	1600h - 1800h (Wed) 1400h-1600h (Fri)	Jurong East Sports Hall / Taman Jurong Community Club	Mr Ler Jun Yi Mdm Chin Hsuen Wei	
BASKETBALL BOYS		Tue, Wed	1500h - 1800h	Taman Jurong Community Club	Mr Ng Teck Koon (I/C) Mr Woon Ta Chuang Mr Mark Lee		
		Fri	1400h - 1700h	ISH (JSS)			

SPORTS & GAMES	BASKETBALL GIRLS	Tue, Wed	1500h - 1800h		Ms Wu Dan Amy (I/C) Ms Aida Mardiana Ms Michelle Zhang	
		Fri	1430h - 1730h			
	CROSS COUNTRY	Tue, Wed, Fri	1530h - 1830h	School / Clementi Stadium/ Pandan Reservoir/ Macritchie Reservoir	Ms Nurul Nadia (I/C) Ms Sudha Ms Simranjit Kaur	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 Bedok Reservoir or OCBC Arena
	DRAGON BOAT	Tues &/or Wed: Land/Water training	1530h - 1830h	School (Field, Block B Lv 1 Corridor) / Water training @ JLG	Mr Riduwan Ahmad (I/C) Mr Ho Kah Yong Joel Ms Nur Zukhairiah	
		Friday: Land training	Session 1: 1330h - 1530h Session 2: 1500h - 1730h			
	FLOORBALL	Tue Wed	1500h - 1800h	ISH L2	Mrs Elizabeth Woon (I/C) Ms Lim Wan Xin	
		Fri	1430h - 1630h	Field/Outdoor area		
	VOLLEYBALL	Tues, Wed	1500h - 1800h	Hall / Outdoor Volleyball Court	Mdm Wang Cuifeng (I/C) Mdm Lee Sin Yi Ms Sarah Lee	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 Nicole Lek (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			
CONCERT BAND	Wed	1530h - 1730h	Panel Room AVA Room Classroom (Sectionals)	Ms Clarice Teoh (I/C) Ms Julianah Johar Ms Siti Hawa		
	Fri	1430h - 1730h				

PERFORMING ARTS & AESTHETICS	CHOIR	Tue	1500h - 1800h	Music Room	Ms Kalaivanni Somasundram (I/C) Ms Lau Kai Ting		
		Fri	1500h - 1700h	Newton Room			
	CHINESE ORCHESTRA-GUZHENG ENSEMBLE	Wed	1500h - 1700h	Heartbeat Rooms, Art Room, Newton Rooms	Mr Koo Chee Kiong (I/C) Mdm Soo Lee Fong Mdm Lee Wai Yee	Students-led Practice on every Wednesday Combined Practice on every Friday	
		Fri	1400h - 1700h	Music Room, Art Room			
	DANCE	Wed	1500h - 1730h	Music Room & PBL Room A	Ms Goh Eng Jue (I/C) Ms Mardiana Roslan Ms Yaw Lee Cheng	For practices nearing 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	Mr Darius Sim (I/C) Mrs Norlinda	Tues + Wed Pulse with additional training sessions closer to competition/performance	
		Wed	1500h - 1800h				
	CLUBS & SOCIETIES	EXPLORERS CLUB	Tue	1500h - 1800h	Classroom A04-04 (Till End Jan 2024)	Mr Vincent Ng (I/C) Mr Sim Chow Meng	CCA session once a week on every Tuesday. Exco members twice a week with Friday set for planning. Friday sessions are also meant for students involved in competitions.
			Fri	1430h - 1730h	Makerspace AKA Imaginarium (From Feb 2024 onwards)		
ENVIRONMENT CLUB		Tue	1500h - 1700h	Gauss Room	Mr Kannangara Don Marcus (I/C)	CCA sessions are held once a week on Fridays. During occasions 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) Ms Maria Chung Ms Xie Huiru	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	Students are rostered for Librarian Duty on either Tue or Wed
		Fri	1430h - 1700h			