

HWA CHONG INSTITUTION
CCA Schedule 2012

(A)		SPORTS & GAMES (16)		
		Main Days/Time	Remarks	
S1	Badminton	Mondays: 3pm - 6pm Thursdays: 3pm - 6pm Fridays: 2.30pm - 6pm	There will be extra fitness trainings on tuesdays in the cardio and weights room for the sec 1s	
S2	Basketball	Mondays: 3pm to 6pm(Sec 1 &2) 4.30pm -6.30pm (Sec 3 &4) Tuesdays: 3pm to 6 pm (sec 1&2) 4pm to 6pm (Sec 3&4) to 6pm (Sec 1 to Sec 4)	Wednesdays: Fridays: 3pm	There will be extra training during season. The competition season for B boys is on Jan to April, and C boys on June to August.
S3	Canoeing	Tuesdays: 2.45pm - 6.30pm (Sec 1 and C Div) Wednesdays: 2:45pm - 6.30pm (B Div) Fridays: 2:45pm - 6:30pm (Sec 1, C Div and B Div) Saturdays: 8.30am - 12.15pm (C Div and B Div)	Sec 1: Twice a week on Tue and Fri; C Div (Sec 2) Tue, Fri, Sat; B Div (Sec 3 and Sec 4) Wed, Fri, Sat	
S4	Cross-Country	Mondays: 3.30pm - 6.30pm Wednesdays: 3.30pm - 6.30pm Fridays: 3.30pm - 6.30pm	There will be make-up trainings on Tuesdays and Thursdays (3.30pm to 6pm).	
S5	Fencing	Tuesdays: 4pm - 6pm Thursdays: 4pm - 6pm Fridays: 3pm - 5pm (for 1st CCA only)	There will be additional trainings during competition season.	
S6	Gymnastics	Mondays: 2.30pm - 6pm Tuesdays: 2.30pm - 6pm Wednesdays: 2.30pm - 6pm Thursdays - 2.30pm - 6pm Fridays: 2.30pm - 6pm	Students must attend at least 4 sessions per week.	
S7	Judo	Mondays: 3:30pm - 6:30pm Wednesdays: 3:30pm - 6:30pm Fridays: 3pm - 6pm Saturdays: 9am - 12pm (for Sec 2s to Sec 4s)	Saturday trainings fall on alternate weeks, until the end of the competition season.	
S8	Shooting	Mondays: 2.30pm - 6.30pm Tuesdays: 2.30pm - 6.30pm Wednesdays: 2.30pm - 6.30pm Thursdays: 2.30pm - 6.30pm Fridays: 2.30pm - 6.30pm Saturdays: 8am - 12pm	There will be Saturday trainings only during competition season.	
S9	Softball	Mondays: 2.30pm - 5.30pm Wednesdays: 2.30pm - 5.30pm Fridays: 2.30pm - 5.30pm	There will be additional training days during competition season.	
S10	Squash	Mondays: 2.30pm - 4.30pm (Sec 1s); 3pm - 6pm (Sec 2s) Tuesdays: 3pm - 4.30pm (Sec 1s); 3pm - 6pm (Sec 3s) Thursdays: 3pm - 6pm (Sec 2s) Fridays: 2.30pm - 4.30pm (Sec 1s); 3.30pm - 6pm (Sec 3s); 2.30pm - 3.30pm (Social)	There will be additional training days during competition season.	
S11	Table-Tennis	Mondays: 2.30pm - 5.30pm Wednesdays: 2.30pm - 5.30pm Fridays: 3pm - 6pm	West zone Competition starts on 30th Jan 2012. There will be additional trainings for school players.	

S12	Tennis	B div training times : Tue 4-5.30, Wed 4-5.30 & Fri 2.30-4. C division training times : Tue 2.30-4, Wed 2.30-4 & Fri 4-5.30pm	Tue 2.30-5 for the 'C' & Wed 2.30-5 for the 'B' once the 'C' matches are over. Some Fridays may be reserved for an entire division if need arises (e.g. during competitions)
S13	Track & Field	Mondays: 3pm - 6pm Wednesdays: 3pm - 6pm Fridays: 3pm - 6.15pm	There are optional trainings on Tuesdays, Thursdays and Saturdays , and additional trainings on these days during competition season.
S14	Volleyball	Tuesdays: 3pm - 6.00pm Thursdays: 3pm - 6.30pm Fridays: 3pm - 6pm	Possible Saturdays depending on schedules of indoor courts etc.
S15	Waterpolo	Mondays: 3pm - 6pm (B Div) Tuesdays: 3pm - 6pm (C Div) Wednesdays: 3pm - 6pm (B Div) Thursdays: 3pm - 6pm (C Div) Fridays: 3pm - 7pm	Fridays will end at 7pm due to combined training of both divisions. There will be additional trainings (up to 5 days per week) during competition season.
S16	Wushu	Mondays: 4pm - 7pm (Sec 3s & 4s) Tuesdays: 4pm - 6.30pm (Sec 1s & 2s) Fridays: 2.30pm - 6.30pm	There will be additional trainings leading up to competition.
(B) UNIFORMED GROUPS (4)			
		Main Days/Time	Remarks
U1	NCC	Mondays: 3pm - 6.30pm (for PDS only) Wednesdays: 3pm - 6.30pm Fridays: 2.30pm - 6.30pm	There will be camps and courses organised at both school and HQ levels throughout the year.
U2	NPCC	Wednesdays: 2.45pm - 5.30pm Fridays: 2.45pm - 6.30pm	There will be additional trainings for competitions and parades to selected students, as well as mandatory courses and camps organised by HQ.
U3	Scouts	Fridays: 2.30pm - 5.30pm Saturdays: 9am - 1pm	-
U4	St John Ambulance Brigade	Wednesdays: 3pm - 6.30pm Fridays: 2.30pm - 6pm	There will be compulsory badge courses and camps organised by SJAB Zone/HQ, and additional trainings during competition season.
(C) AESTHETICS (8)			
		Main Days/Time	Remarks
A1	Art & Crafts	Fridays: 2.30pm - 5.30pm	There will be additional activities organised throughout the year including camps, courses, competitions and visits.
A2	Chinese Drama	Fridays: 2.30pm - 6.30pm Saturdays: 8am - 1pm (during production periods)	There will be additional days of rehearsals for forthcoming productions.
A3	Chinese Orchestra	Tuesdays: 4pm - 6pm (for sec 2 - sec 4 members) Fridays: 2pm - 6pm (all)	-
A4	Choir	Tuesdays: 3.00pm - 6.30pm Fridays: 2pm - 3.30pm	Friday practices may be extended to 6.30pm during production and competition period.
A5	English Drama	Wednesdays: 3pm - 6pm Fridays: 2.30pm - 5.30pm	There will be additional days of rehearsals when production date nears.
A6	Military Band	Tuesdays: 2.30pm - 6.30pm Wednesdays: 2.30pm - 6.30pm (for SYF performers only) Fridays: 2.30pm - 6.30pm Saturdays: 8am - 12pm (for SYF performers only)	There will be additional days of practices during competition period.
A7	Piano Ensemble*	Wednesdays: 2pm - 5pm (optional) Fridays: 2pm - 5pm	There will be some activities spread over the year including masterclasses, camps, exchanges and concerts.

A8	String Orchestra	Mondays: 2.30pm - 6.30pm Fridays: 2.30pm - 6.30pm	There will be additional days of practices during competition period (on Wednesdays and/or Saturdays).
(D)	CLUBS AND SOCIETIES (12)		
		Main Days/Time	Remarks
C1	Chinese Calligraphy	Tuesdays: 3pm - 5pm Fridays: 2.30pm - 6pm	-
C2	Chinese Chess	Wednesdays: 3pm - 5pm Fridays: 2.20pm - 5.20pm	There will be additional training days during competition period.
C3	EC ³	Wednesdays: 2.30pm - 5pm Fridays: 2.30pm - 5pm	There will be additional training days during competition period.
C4	English Debate	Tuesdays: 4pm - 7pm Fridays: 4pm - 7pm	There will be additional training days during competition period.
C5	International Chess	Fridays: 2.30pm - 5pm	
C6	Library	Fridays: 2.30pm - 5pm	Members will select one day (non-Friday) to perform one hour of service per week.
C7	Media Tech	Fridays: 2pm - 5pm	Members will be required to provide support and services at school events throughout the year.
C8	Robotics	Wednesdays: 2.30pm - 5.30pm Fridays: 2.30pm - 5.30pm	Members may be required to attend additional sessions on other days in preparation for competitions.
C9	Socrates Club*	Fridays: 2pm - 5pm	-
C10	Student Enrichment & Enterprise Development Club**	Fridays: 2.30pm - 5.30pm	-
C11	Weiqi	Wednesdays: 3pm - 5.30pm Fridays: 2.30pm - 5.30pm	There will be additional training days during competition season.
C12	Youth Flying Club	Tuesdays: 2.30pm - 5.30pm (2.30pm - 4.30pm for 2nd CCA)	There will be additional training days during competition season during end of October to early November.

* By Invitation

** By Invitation from Sec 3 onwards only