



2024 UNION CITY RECREATIONAL PROGRAMS ADULTS & SENIORS





ADULT/SENIOR LAP SWIM

LOCATION: Bruce Walter Recreation Center • 507 West Street
AGE: 18 yrs. old +
SEASON: Year-round
CLASSES: Monday-Friday 6:30 AM-8:00 AM, 11:00 AM-2:30 PM & 7:45 PM-8:45 PM
Saturdays 6:30 AM-8:30 AM & 3:30 PM-4:45 PM

LOCATION: Ron Dario Pool • 219 47th Street
AGE: 18 yrs. old +
SEASON: Year-round
CLASSES: Monday & Wednesday 7:00 AM-8:30 AM, 9:00 AM-10:30 AM,
1:00PM-2:30 PM & 7:15 PM-8:30 PM
Tuesday & Thursday 7:00 AM-8:30 AM, 9:00 AM-10:30 AM,
11:00 AM-12:30PM, 1:00PM-2:30 PM & 7:15 PM-8:30 PM

**Adult senior lap swim lanes are available from beginners to advanced

**Lap Swim & Adult swim schedule subject to change during different seasons



WATER AEROBICS

LOCATION: Bruce Walter Recreation Center • 507 West Street
AGE: 18 yrs. old +
SEASON: Year-round
CLASSES: Tuesday & Thursday 11:00 AM-11:45 AM



WOMEN SWIM

LOCATION: Ron Dario Pool • 219 47th Street
AGE: 18 yrs. old +
SEASON: Year-round
CLASSES: Monday & Wednesday 11:00 AM-12:30 PM





WATER-BABIES SWIMMING LESSONS

LOCATION: Bruce Walter Recreation Center • 507 West Street

AGE: 3 months to 5 yrs. old

SEASON: Year-round

CLASSES: Saturdays 9:00 AM-9:45 AM

**Parents must be in the water with child

**Registration required

LOCATION: Ron Dario Pool • 219 47th Street

AGE: 3 months to 5 yrs. old

SEASON: Year-round

CLASSES: Saturdays 9:00 AM-9:45 AM & 10:00 AM-10:45 AM

**Parents must be in the water with child

**Registration required



OPEN SWIM (FAMILY SWIM)

LOCATION: Bruce Walter Recreation Center • 507 West Street

AGE: All ages are welcomed

11 and younger need adult supervision in water

SEASON: Year-round

CLASSES: Saturdays 2:00 PM-3:30 PM

**12 yrs. + need photo school ID

LOCATION: Ron Dario Pool • 219 47th Street

AGE: All ages are welcomed

11 and younger need adult supervision in water

SEASON: Year-round

CLASSES: Wednesday 3:30 PM-5:00 PM

Saturdays 2:00 PM-3:30 PM

**12 yrs. + need photo school ID



ADDITIONAL INFORMATION

**Adult Swim Lessons: info will be posted at indoor pools

**Outdoor pools: open Memorial Day weekend

**All pool schedules are posted on the UCNJ website – ucnj.com

**All pool schedules posted on any other website are not accurate



UNION CITY TAEKWONDO

LOCATION: Bruce Walter Recreation Center • 507 West Street

SEASON: Year-round

PRACTICE: Mondays & Wednesdays 6:00 PM-9:00 PM
Saturdays 9:00 AM-4:00 PM

REGISTRATION: Mondays, Wednesdays & Saturdays

DIRECTOR: Ramon Peña 201-640-7602

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

***PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18



UNION CITY JUDO

LOCATION: Roosevelt Elementary • 4507 Hudson Avenue

SEASON: Year-round

PRACTICE: Thursdays & Fridays 7:30 PM-9:00 PM

REGISTRATION: Open year-round Mondays, Wednesdays, Thursdays &
Fridays 6:00 PM-9:00 PM

DIRECTOR: Pedro Savinovich 201-713-8336

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

***PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18



MDW SCHOOL OF MARTIAL ARTS (TAEKWONDO TRAINING)

LOCATION: Sara M. Gilmore Academy • 1600 Kerrigan Ave.

SEASON: Year-round

PRACTICE: Mondays & Wednesdays 6:00 PM-8:00 PM
Saturdays 11:00 AM-1:00 PM

REGISTRATION: Open Saturdays 11:00 AM-12:00 PM

DIRECTOR: Victor J. Castillo 201-838-9121

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

***PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18





CERAMICS FOR SENIORS

LOCATION: William V. Musto Cultural Center • 420-15 Street
Palisade Plaza • 3700 Palisade Ave.

AGE: 60+

CLASSES: Monday thru Thursday 8:00 AM-1:00 PM

REGISTRATION: Free, Monday thru Thursday 9:00 AM-12:00 PM



MEALS ON WHEELS FOR SENIORS

LOCATION: William V. Musto Cultural Center • 420-15 Street
Palisade Plaza • 3700 Palisade Ave.

AVAILABLE: Monday thru Friday 9:00 AM-11:00 AM

REGISTRATION: Monday thru Thursday 9:00 AM-11:00 AM
I.D. Proof of age and Union City Residency



AEROBICS FOR SENIORS

LOCATION: William V. Musto Cultural Center • 420-15 Street

CLASSES: Mondays, Wednesdays & Fridays 1:00 PM-2:00 PM

FREE CLASSES / REGISTRATION NOT REQUIRED



HOLISTIC EVENTS IN UNION CITY

LOCATION: William V. Musto Cultural Center • 420-15 Street

CLASSES: 1st Saturday of the month

DIRECTOR: Yasmin Perez 201-478-1669 / yasminperez0921@gmail.com

REGISTRATION IS REQUIRED-CALL TO RESERVE SPACE



PROGRAMS FOR ADULTS AND SENIORS

William V. Musto Cultural Center • 420-15th Street

Arts & Wellness Project • Mary Trigg 917-226-7830 • REGISTRATION NOT REQUIRED



CHAIR YOGA

CLASSES: Tuesdays & Thursdays 1:00 PM



TAI CHI & QIGONG

CLASSES: Tuesdays 2:15 PM



WING CHUN SELF DEFENSE

CLASSES: Mondays 7:15 PM



VINYASA YOGA

CLASSES: Thursdays 7:15 PM • Fridays 6:30 PM • Saturdays 9:30 AM



ZUMBA AT JOSE MARTI STEM ACADEMY

LOCATION: Jose Marti STEM Academy • 1800 Summit Ave.

CLASSES: Monday & Wednesday 6:15 PM

