



## **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](http://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 1:00 PM, Fridays 12:00 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



## **TAI CHI & QIGONG**

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

CLASSES: Tuesdays 2:15 PM

FREE CLASSES / REGISTRATION NOT REQUIRED





# 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



## 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



*For up to date information please visit the  
Union City Official Website Recreation  
page by scanning the QR code.*

