

Special Track Work Timetable Effective Saturdays and Sundays, February 7-8, 2026

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Hempstead 

Country Life                          

Garden City 

Nassau Boulevard


Stewart Manor 

● **Floral Park**

● Bellerose

Elmont-UBS Arena

Queens Village

Hollis

Jamaica **AIRTRAIN**

- **Atlantic Terminal (Brooklyn)** 

Hunterspoint Avenue

● Long Island City  

Woodside  LaGuardia Link 

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Effective Saturday & Sunday, February 7-8, 2026

Eastbound

To Hempstead

*Refer to the TrainTime app for complete service details of Jamaica, as well as transfer options.

Effective Saturday & Sunday, February 7-8, 2026

(Continued)

Eastbound

To Hempstead

***Refer to the TrainTime app for complete service west of Jamaica as well as transfer options.**

[illegible]

Effective Saturday & Sunday, February 7-8, 2026

(Continued)

Eastbound

To Hempstead

***Refer to the TrainTime app for complete service west of Jamaica as well as transfer options.**

For explanation, see "Reference Notes."																														Mon. Only	Mon. Only	Mon. Only	Mon. Only	Mon. Only	Mon. Only	Mon. Only
PENN STATION	PM 4:54	PM 4:59	PM 5:14	PM 5:35	PM 5:54	PM 5:59	PM 6:17	PM 6:35	PM 6:54	PM 6:59	PM 7:35	PM 7:14	PM 7:54	PM 7:59	PM 8:17	PM 8:36	PM 8:54	PM 8:59	PM 9:16	PM 9:35	PM 9:54	PM 10:00	PM 10:17	PM 10:32	PM 10:54	PM 10:59	PM 11:17	PM 11:46	AM 12:00	AM 12:14	AM 12:30	AM 1:29	PM 1:57	AM 2:15	AM 3:00	
GRAND CENTRAL																																				
Woodside	5:05		5:25	5:47	6:05		6:28	6:47	7:05		7:47	7:25	8:05		8:28	8:48	9:05		9:27	9:47	10:05		10:28	10:44	11:05		11:28				12:42	1:41	2:09	2:27	3:20	
Forest Hills																																				
Kew Gardens																																				
ATLANTIC TERMINAL*																																				
Nostrand Avenue*																																				
East New York*																																				
JAMAICA (Arrive)	5:14	5:20	5:34	5:56	6:14	6:20	6:37	6:56	7:14	7:20	7:56	7:34	8:14	8:20	8:37	8:56	9:14	9:20	9:37	9:56	10:14	10:20	10:37	10:53	11:14	11:20	11:37	12:07	12:21	12:35	12:50	1:52	2:18	2:36	3:30	
JAMAICA (Leave)	5:16	5:22	5:36	5:58	6:16	6:22	6:39	6:58	7:16	7:22	7:58	7:36	8:16	8:22	8:39	8:58	9:16	9:22	9:39	9:58	10:16	10:21	10:39	10:55	11:16	11:21	11:39	12:09	12:23	12:37	12:52	1:54	2:19	2:38	3:33	
Hollis		5:27				6:27				7:27				8:27				9:27				10:27				11:27				12:43			2:25		3:30	
Queens Village		5:30				6:30				7:30				8:30				9:30				10:30				11:30				12:45			2:27		3:40	
Elmont- UBS Arena	5:26	5:33	5:46	6:08	6:26	6:33	6:49	7:08	7:26	7:33	8:08	7:46	8:26	8:33	8:49	9:08	9:26	9:33	9:49	10:08	10:26	10:33	10:49	11:06	11:26	11:33	11:49	12:19	12:34	12:47		2:29		3:40		
Bellerose																																				
Floral Park		5:36				6:36				7:36				8:36				9:36				10:36				11:36		12:21		12:50	1:02	2:04		2:48	3:40	
Mineola (Arrive)		5:43	5:54	6:17		6:43	6:57	7:17		7:43	8:17	7:54		8:43	8:57	9:17		9:43	9:57	10:17		10:43	10:57	11:14		11:43	11:57	12:29	12:40	12:57	1:08	2:10	2:38	2:54	3:50	
Mineola (Depart)				V 6:27				V 7:27			V 8:27					V 9:27				V 10:27				V 11:24			V 12:39				V 1:18	V 2:20	V 2:48			
Stewart Manor				V 6:37				V 7:37			V 8:37					V 9:37				V 10:37				V 11:34			V 12:49				V 1:28	V 2:30	V 2:58			
Nassau Boulevard				V 6:42				V 7:42			V 8:42					V 9:42				V 10:42				V 11:39			V 12:54				V 1:33	V 2:35	V 3:03			
Garden City				V 6:52				V 7:52			V 8:52					V 9:52				V 10:52				V 11:49			V 1:04				V 1:43	V 2:45	V 3:13			
Country Life Press																																				
HEMPSTEAD				V 7:02				V 8:02			V 9:02					V 10:02				V 11:02				V 11:59			V 1:14				V 1:53	V 2:55	V 3:23			
Train #	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	AM	AM	AM	AM	AM	AM	AM	AM	
	7970	7570	7972	7572/ Bus	7974	7574	7976	7576/ Bus	7978	7578	7580/ Bus	7980	7982	7582	7984	7584/ Bus	7986	7586	7988	7588/ Bus	7990	7590	7992	7592/ Bus	7994	7594	7996	7596/ Bus	1900	1500	1902/ Bus	1904/ Bus	1502/ Bus	1906	1504	

**To Jamaica,
Brooklyn* &
New York**

***Refer to the TrainTime app for complete service west of Jamaica as well as transfer options.**

[illegible]

V	Transfer to/from bus at Mineola
*	For complete service to/from Atlantic Terminal see the Atlantic Terminal - City Terminal Zone Timetable.
All Branches	On all branches, eastbound trains may depart stations east of Jamaica up to three minutes earlier than times shown.
West of Jamaica	At stations west of Jamaica, westbound trains may depart stations up to three minutes earlier than times shown.

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[illegible]

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