



Alternate Plan Schedules - Effective When Announced, Weekdays, March 23, 2026 - May 15, 2026



Westbound

To Jamaica, Brooklyn\* & New York

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

For explanation, see "Reference Notes."	Monday Only								Peak AM															
LONG BEACH	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
Island Park	.....	12:09	.....	.....	4:17	.....	5:12	.....	5:48	6:14	6:33	6:41	7:01	.....	7:26	7:40	7:59	8:24	8:47	.....	.....	9:51	.....	
Oceanside	.....	12:16	.....	.....	4:24	.....	5:19	.....	5:55	6:22	6:40	6:48	7:08	.....	7:21	7:33	7:47	8:06	8:31	8:54	.....	.....	9:58	.....
East Rockaway	.....	12:20	.....	.....	4:28	.....	5:23	.....	5:59	6:26	6:44	6:52	7:12	.....	7:25	7:37	7:51	8:10	8:35	8:58	.....	.....	10:02	.....
Centre Avenue	.....	12:22	.....	.....	4:30	.....	5:25	.....	6:01	6:28	6:46	6:54	7:14	.....	7:27	7:39	7:53	8:12	8:37	9:00	.....	.....	10:04	.....
LYNBROOK	A 12:22	B 12:27	A 1:15	A 2:19	B 4:35	A 5:09	B 5:30	A 5:42	B 6:06	B 6:33	B 6:51	B 6:59	B 7:19	A 7:28	B 7:32	B 7:44	B 7:58	B 8:17	B 8:42	B 9:05	A 9:19	A 9:59	B 10:09	.....
Valley Stream (Note)	.....	12:30	.....	.....	4:38	.....	5:33	.....	6:09	6:36	6:54	7:02	7:22	.....	7:36	7:47	8:01	8:20	8:45	9:08	.....	.....	10:12	.....
Rosedale	.....	12:33	.....	.....	4:41	.....	5:36	.....	6:39	.....	.....	7:25	.....	7:39	.....	.....	8:23	.....	.....	.....	.....	.....	10:15	.....
Laurelton	.....	12:36	.....	.....	4:44	.....	5:39	.....	6:42	.....	.....	.....	7:42	.....	.....	.....	8:26	.....	.....	.....	.....	.....	10:18	.....
Locust Manor	.....	12:38	.....	.....	4:46	.....	5:41	.....	6:44	.....	.....	.....	7:44	.....	.....	.....	8:28	.....	.....	.....	.....	.....	10:20	.....
JAMAICA (Arrive)	12:35	12:44	1:28	2:32	4:53	5:22	5:48	5:55	6:23	6:51	7:05	7:13	7:37	7:44	7:51	7:59	8:12	8:36	8:57	9:20	9:34	10:14	10:26	.....
JAMAICA (Leave)	12:37	12:45	1:30	2:33	4:54	5:23	5:49	5:56	6:24	6:52	7:06	7:14	7:38	7:45	7:53	8:00	8:13	8:37	8:58	9:21	9:35	10:16	10:27	.....
East New York*	.....	.....	.....	.....	.....	.....	.....	6:05	.....	7:00	.....	.....	.....	.....	8:00	.....	.....	.....	.....	.....	.....	.....	.....	.....
Nostrand Avenue*	.....	.....	.....	.....	.....	.....	.....	6:10	.....	7:05	.....	.....	.....	.....	8:05	.....	.....	.....	.....	.....	.....	.....	.....	.....
ATLANTIC TERMINAL*	.....	.....	.....	.....	.....	.....	.....	6:17	.....	7:12	.....	.....	.....	.....	8:12	.....	.....	.....	.....	.....	.....	.....	.....	.....
Kew Gardens	12:41	.....	.....	.....	.....	.....	5:53	.....	.....	.....	.....	.....	.....	.....	.....	.....	8:41	.....	.....	.....	.....	10:20	.....	
Forest Hills	12:43	.....	.....	.....	.....	5:29	.....	.....	6:29	.....	.....	7:19	.....	.....	.....	.....	8:43	.....	.....	.....	.....	10:22	.....	
Woodside	.....	12:53	.....	.....	5:02	.....	.....	.....	.....	.....	.....	.....	7:53	.....	.....	.....	8:48	.....	.....	.....	.....	.....	10:35	.....
GRAND CENTRAL	.....	.....	.....	.....	.....	.....	6:08	.....	6:43	.....	.....	7:34	.....	.....	.....	8:19	8:32	.....	.....	9:39	.....	10:36	.....	
PENN STATION	12:58	1:04	1:49	2:51	5:12	5:43	.....	.....	.....	.....	7:25	.....	7:58	8:05	.....	.....	8:59	9:16	.....	9:54	.....	10:46	.....	
Train #	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
	6197	801	103	105	807	111	809	215	811	815	817	819	821	127	899	823	827	829	831	833	137	241	835	.....

Reference Notes

*	For complete service to/from Atlantic Terminal see the Atlantic Terminal - City Terminal Zone Timetable.
A	Leaves from Platform A.
B	Leaves from Platform B.
	Bicycles are NOT permitted. Click <a href="#">HERE</a> to visit the LIRR's Bicycle Policy Information webpage for complete and current details before planning your trip. *Restriction periods may vary depending on day of week holiday occurs.
Holidays	Holiday service will operate on New Year's Day, Presidents' Day, Memorial Day, July 4 <sup>th</sup> , Labor Day, Thanksgiving Day and Christmas Day. Regular weekday service will operate on the day after Thanksgiving and Martin Luther King Jr. Day. Off Peak fares will apply on these days. Senior/Disabled/Medicare tickets will be honored all day on Columbus Day, Election Day and Veterans Day.
PEAK AM	Off-Peak One-Way/Ten Trip tickets not honored. Senior citizen/People with disabilities/Medicare customers tickets not honored (restriction lifted on Columbus, Election & Veterans Days). No bicycles are allowed on these trains.
PEAK PM	Off-Peak One-Way/Ten Trip tickets not honored. At stations other than western terminals, PM Peak trains may leave up to three minutes early. Please allow sufficient time. No bicycles are allowed on these trains.
Valley Stream, Rosedale, Laurelton, Locust Manor	For complete service at these stations, see the Far Rockaway Branch 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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(Continued)

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LONG BEACH	10:53	11:53	12:53	1:47	2:52	.....	3:55	4:25	.....	4:55	5:29	.....	5:54	.....	6:48	.....	8:14	.....	8:55	.....	9:59	.....	10:53	.....
Island Park	11:00	12:00	1:00	1:54	2:59	.....	4:02	4:32	.....	5:02	5:36	.....	6:01	.....	6:55	.....	8:21	.....	9:02	.....	10:06	.....	11:00	.....
Oceanside	11:04	12:04	1:04	1:58	3:03	.....	4:06	4:36	.....	5:06	5:40	.....	6:05	.....	6:59	.....	8:25	.....	9:06	.....	10:10	.....	11:04	.....
East Rockaway	11:06	12:06	1:06	2:00	3:05	.....	4:08	4:38	.....	5:08	5:42	.....	6:07	.....	7:01	.....	8:27	.....	9:08	.....	10:12	.....	11:06	.....
Centre Avenue	11:08	12:08	1:08	2:02	3:07	.....	4:10	4:40	.....	5:10	5:44	.....	6:09	.....	7:03	.....	8:29	.....	9:10	.....	10:14	.....	11:08	.....
LYNBROOK	B 11:11	B 12:11	B 1:11	B 2:05	B 3:10	A 3:57	B 4:13	B 4:43	A 4:56	B 5:13	B 5:47	A 5:57	B 6:12	A 6:57	B 7:06	A 7:57	B 8:32	A 8:52	B 9:13	A 9:49	B 10:17	A 10:52	B 11:11	A 11:56
Valley Stream (Note)	11:14	12:14	1:14	2:07	3:13	.....	4:16	4:46	.....	5:16	5:50	.....	6:15	.....	7:09	.....	8:36	.....	9:16	.....	10:20	.....	11:14	.....
Rosedale	.....	.....	.....	.....	3:16	.....	4:49	.....	5:18	.....	.....	6:18	.....	7:12	.....	.....	8:23	.....	.....	.....	10:23	.....	.....	.....
Laurelton	.....	.....	.....	.....	3:19	.....	4:52	.....	.....	.....	.....	6:21	.....	7:15	.....	.....	8:26	.....	.....	.....	10:26	.....	.....	.....
Locust Manor	.....	.....	.....	.....	3:21	.....	4:54	.....	.....	.....	.....	6:23	.....	7:17	.....	.....	8:28	.....	.....	.....	10:28	.....	.....	.....
JAMAICA (Arrive)	11:24	12:24	1:24	2:17	3:28	4:11	4:26	5:01	5:10	5:28	6:01	6:11	6:29	7:11	7:23	8:10	8:49	9:05	9:26	10:02	10:34	11:06	11:24	12:10
JAMAICA (Leave)	11:26	12:26	1:26	2:19	3:29	4:12	4:27	5:02	5:11	5:29	6:02	6:13	6:30	7:12	7:24	8:11	8:50	9:06	9:28	10:04	10:36	11:08	11:26	12:12
East New York*	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Nostrand Avenue*	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
ATLANTIC TERMINAL*	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Kew Gardens	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Forest Hills	.....	.....	.....	.....	.....	4:17	.....	.....	5:16	.....	.....	6:18	.....	7:17	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Woodside	11:34	12:34	1:34	.....	3:36	.....	4:34	5:09	.....	5:37	6:10	.....	.....	.....	.....	.....	8:58	.....	.....	.....	10:45	11:17	.....	12:21
GRAND CENTRAL	.....	.....	.....	.....	.....	4:32	.....	.....	5:30	5:48	.....	6:32	.....	7:31	.....	8:30	.....	.....	.....	10:23	.....	11:28	.....	12:32
PENN STATION	11:44	12:45	1:44	2:38	3:47	.....	4:45	5:20	.....	.....	6:21	.....	6:49	.....	7:41	.....	9:09	9:25	9:46	.....	10:56	.....	11:46	.....
Train #	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM
	837	839	853	855	857	257	859	861	261	863	865	263	867	265	869	267	873	187	875	271	877	273	879	275

