

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." | AM | AM | AM | AM | AM | AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | Peak AM | AM | AM | AM | AM | AM | |
|---|---------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--------|--------|--------|---------|---------|-------|
| LONG BEACH | 12:09 | | | 4:17 | | 5:12 | | 5:48 | 5:58 | 6:14 | 6:33 | 6:41 | 7:01 | | | 7:26 | 7:40 | | 7:59 | | 8:24 | 8:47 | | | 10:11 | | |
| Island Park | 12:16 | | | 4:24 | | 5:19 | | 5:55 | 6:05 | 6:22 | 6:40 | 6:48 | 7:08 | | | 7:21 | 7:33 | 7:47 | | 8:06 | | 8:31 | 8:54 | | | 10:18 | |
| Oceanside | 12:20 | | | 4:28 | | 5:23 | | 5:59 | 6:09 | 6:26 | 6:44 | 6:52 | 7:12 | | | 7:25 | 7:37 | 7:51 | | 8:10 | | 8:35 | 8:58 | | | 10:22 | |
| East Rockaway | 12:22 | | | 4:30 | | 5:25 | | 6:01 | 6:11 | 6:28 | 6:46 | 6:54 | 7:14 | | | 7:27 | 7:39 | 7:53 | | 8:12 | | 8:37 | 9:00 | | | 10:24 | |
| Centre Avenue | 12:24 | | | 4:32 | | 5:27 | | 6:03 | 6:13 | 6:30 | 6:48 | 6:56 | 7:16 | | | 7:29 | 7:41 | 7:55 | | 8:14 | | 8:39 | 9:02 | | | 10:26 | |
| LYNBROOK | 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 6:16 | B 6:33 | B 6:51 | B 6:59 | B 7:19 | A 7:28 | B 7:32 | B 7:44 | B 7:58 | A 8:15 | B 8:17 | A 8:36 | B 8:42 | B 9:05 | A 9:25 | A 9:59 | B 10:29 | A 11:00 | |
| Valley Stream (Note) | 12:30 | | | 4:38 | | 5:33 | | 6:09 | 6:19 | 6:36 | 6:54 | 7:02 | 7:22 | | | 7:36 | 7:47 | 8:01 | | 8:20 | | 8:45 | 9:08 | | | 10:32 | |
| Rosedale | 12:33 | | | 4:41 | | 5:36 | | | | 6:39 | | | 7:25 | | | 7:39 | | | | 8:23 | | | | | | | |
| Laurelton | 12:36 | | | 4:44 | | 5:39 | | | | 6:42 | | | | | | 7:42 | | | | 8:26 | | | | | | | |
| Locust Manor | 12:38 | | | 4:46 | | 5:41 | | | | 6:44 | | | | | | 7:44 | | | | 8:28 | | | | | | | |
| JAMAICA (Arrive) | 12:44 | 1:28 | 2:32 | 4:53 | 5:22 | 5:48 | 5:55 | 6:23 | 6:31 | 6:51 | 7:05 | 7:13 | 7:37 | 7:44 | 7:51 | 7:59 | 8:12 | 8:30 | 8:36 | 8:50 | 8:57 | 9:20 | 9:40 | 10:14 | 10:45 | 11:13 | |
| JAMAICA (Leave) | 12:45 | 1:30 | 2:33 | 4:54 | 5:23 | 5:49 | 5:56 | 6:24 | 6:32 | 6:52 | 7:06 | 7:14 | 7:38 | 7:45 | 7:53 | 8:00 | 8:13 | 8:31 | 8:37 | 8:51 | 8:58 | 9:21 | 9:42 | 10:16 | 10:47 | 11:15 | |
| 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 | | | | | | 5:53 | | | | | | | | | | | | | | 8:41 | | | | | 10:20 | | 11:19 |
| Forest Hills | | | | | 5:29 | | | 6:29 | | | | | 7:19 | | | | | | | 8:43 | | | | | 10:22 | | 11:21 |
| Woodside | 12:53 | | | 5:02 | | | | | | | | | | | 7:53 | | | | | 8:48 | 8:59 | | | | | 10:56 | |
| GRAND CENTRAL | | | | | | 6:08 | | 6:43 | | | | | 7:34 | | | 8:19 | 8:32 | 8:50 | | | | | 9:39 | | 10:36 | | 11:36 |
| PENN STATION | 1:04 | 1:49 | 2:51 | 5:12 | 5:43 | | | | | 6:50 | | | 7:25 | | | 7:58 | 8:05 | | | 8:59 | 9:11 | 9:16 | | 10:01 | | 11:07 | |
| Train # | 801 | 103 | 105 | 807 | 111 | 809 | 215 | 811 | 813 | 815 | 817 | 819 | 821 | 127 | 899 | 823 | 827 | 1235 | 829 | 1133 | 831 | 833 | 137 | 241 | 835 | 1291 | |

(Continued)

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." | AM | 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 | |
|---|---------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|
| LONG BEACH | 11:11 | | 12:11 | | 1:11 | | 2:13 | | 2:52 | | 3:55 | 4:25 | | 4:55 | 5:29 | | 5:54 | | 6:48 | | 8:14 | | 8:55 | | 9:59 | | 10:53 | |
| Island Park | 11:18 | | 12:18 | | 1:18 | | 2:20 | | 2:59 | | 4:02 | 4:32 | | 5:02 | 5:36 | | 6:01 | | 6:55 | | 8:21 | | 9:02 | | 10:06 | | 11:00 | |
| Oceanside | 11:22 | | 12:22 | | 1:22 | | 2:24 | | 3:03 | | 4:06 | 4:36 | | 5:06 | 5:40 | | 6:05 | | 6:59 | | 8:25 | | 9:06 | | 10:10 | | 11:04 | |
| East Rockaway | 11:24 | | 12:24 | | 1:24 | | 2:26 | | 3:05 | | 4:08 | 4:38 | | 5:08 | 5:42 | | 6:07 | | 7:01 | | 8:27 | | 9:08 | | 10:12 | | 11:06 | |
| Centre Avenue | 11:26 | | 12:26 | | 1:26 | | 2:28 | | 3:07 | | 4:10 | 4:40 | | 5:10 | 5:44 | | 6:09 | | 7:03 | | 8:29 | | 9:10 | | 10:14 | | 11:08 | |
| LYNBROOK | B 11:29 | A 12:00 | B 12:29 | A 1:00 | B 1:29 | A 2:00 | B 2:31 | A 3:00 | 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 8:43 | B 9:13 | A 9:49 | B 10:17 | A 10:52 | B 11:11 | A 11:56 |
| Valley Stream (Note) | 11:32 | | 12:32 | | 1:32 | | 2:34 | | 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 | | | 5:19 | | | 6:18 | | 7:12 | | | | | | 10:23 | | | |
| Laurelton | | | | | | | | | 3:19 | | 4:52 | | | | | 6:21 | | 7:15 | | | | | | | 10:26 | | | |
| Locust Manor | | | | | | | | | 3:21 | | 4:54 | | | | | 6:23 | | 7:17 | | | | | | | 10:28 | | | |
| JAMAICA (Arrive) | 11:45 | 12:13 | 12:45 | 1:13 | 1:45 | 2:13 | 2:45 | 3:13 | 3:28 | 4:11 | 4:26 | 5:01 | 5:10 | 5:30 | 6:01 | 6:11 | 6:29 | 7:11 | 7:23 | 8:10 | 8:49 | 8:56 | 9:26 | 10:02 | 10:34 | 11:06 | 11:24 | 12:11 |
| JAMAICA (Leave) | 11:47 | 12:15 | 12:47 | 1:15 | 1:47 | 2:15 | 2:47 | 3:15 | 3:29 | 4:12 | 4:27 | 5:02 | 5:11 | 5:31 | 6:02 | 6:13 | 6:30 | 7:12 | 7:24 | 8:11 | 8:50 | 8:58 | 9:28 | 10:04 | 10:36 | 11:08 | 11:26 | 12:13 |
| East New York* | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nostrand Avenue* | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATLANTIC TERMINAL* | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kew Gardens | | 12:19 | | 1:19 | | 2:19 | | 3:19 | | | | | | | | | | | | | | | | | | | | |
| Forest Hills | | 12:21 | | 1:21 | | 2:21 | | 3:21 | | 4:17 | | | 5:16 | | | 6:18 | | 7:17 | | | | | | | | | | |
| Woodside | 11:56 | | 12:56 | | 1:56 | | | | 3:36 | | 4:34 | 5:09 | | 5:40 | 6:10 | | | | | 8:58 | | | | | 10:45 | 11:17 | | 12:21 |
| GRAND CENTRAL | | 12:35 | | 1:35 | | 2:35 | | 3:35 | | 4:32 | | | 5:30 | 5:51 | | 6:32 | | 7:31 | | 8:30 | | | | 10:23 | | 11:28 | | 12:32 |
| PENN STATION | 12:07 | | 1:07 | | 2:07 | | 3:07 | | 3:47 | | 4:45 | 5:20 | | | 6:21 | | 6:49 | | 7:41 | | 9:09 | 9:19 | 9:46 | | 10:56 | | 11:46 | |
| Train # | 837 | 1293 | 839 | 1295 | 853 | 1297 | 855 | 1299 | 857 | 257 | 859 | 861 | 261 | 863 | 865 | 263 | 867 | 265 | 869 | 267 | 873 | 185 | 875 | 271 | 877 | 273 | 879 | 275 |

| Reference Notes | |
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| * | 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 HERE 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. |
| PEAK AM | Off-peak tickets subject to additional charge. No bicycles are allowed on these trains. |
| PEAK PM | Off-peak tickets are subject to additional charge. At stations other than western terminals, train 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. |