Monday through Friday except Holidays, Effective May 11, 2026 - September 7, 2026

Eastbound

To Babylon

Weekdays

See 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	AM	AM	AM	AM	AM	AM	AM	AM
PENN STATION	......	J 12:35	12:44	2:44	4:11	4:28	5:40	......	6:27	6:45	7:20	......	J 7:52	......
GRAND CENTRAL	12:16	J 12:38	......	......	......	......	......	6:11	......	......	......	7:31	J 7:43	8:13
Woodside	12:28	......	......	......	4:22	......	......	......	......	6:56	......	......	......	......
Forest Hills	......	......	1:00	3:00	......	4:43	5:55	6:28	6:41	7:00	7:34	7:46	......	8:28
Kew Gardens	......	......	1:02	3:02	......	4:45	......	......	6:43	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......	......
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......	......
JAMAICA (Arrive)	12:37	12:59	1:06	3:06	4:31	4:49	6:01	6:34	6:48	7:06	7:40	7:52	8:12	8:34
JAMAICA (Leave)	12:39	1:05	1:08	3:07	4:32	4:50	6:03	6:35	6:49	7:07	7:41	7:53	8:18	8:35
Lynbrook (Note)	12:53	......	......	......	4:46	......	......	6:49	......	7:21	......	8:07	......	8:49
Rockville Centre	12:55	......	1:24	3:23	4:48	......	6:19	6:51	......	7:23	......	8:09	......	8:51
Baldwin	12:58	......	1:27	3:26	4:51	......	6:22	6:54	......	7:26	......	8:12	......	8:54
Freeport	1:01	......	1:30	3:29	4:54	......	6:25	6:57	......	7:29	......	8:15	......	8:57
Merrick	1:04	......	1:33	3:32	4:57	......	6:28	7:00	......	7:32	......	8:18	......	9:00
Bellmore	1:07	......	1:36	3:35	5:00	......	6:31	7:03	......	7:35	......	8:21	......	9:03
Wantagh	1:10	......	1:39	3:38	5:03	......	6:34	7:06	......	7:38	......	8:24	......	9:06
Seaford	1:13	......	1:42	3:41	5:06	......	6:37	7:09	......	7:41	......	8:27	......	9:09
Massapequa	1:15	......	1:44	3:43	5:08	5:18	6:39	7:11	7:16	7:43	8:10	8:29	......	9:11
Massapequa Park	1:17	......	1:46	3:45	......	5:20	6:41	7:13	7:18	......	8:12	8:31	......	9:13
Amityville	1:20	......	1:49	3:48	......	5:24	6:44	7:16	7:21	......	8:16	8:35	......	9:16
Copiague	1:23	......	1:52	3:51	......	5:26	6:47	7:19	7:24	......	8:18	8:37	......	9:19
Lindenhurst	1:26	......	1:56	3:54	......	5:29	6:50	7:22	7:27	......	8:21	8:40	......	9:22
BABYLON	1:32	1:42	2:01	4:00	......	5:35	6:56	7:28	7:33	......	8:28	8:46	8:57	9:28
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
Train #	202	2	102	104	1120	120	122	220	124	1124	128	222	4	224

For explanation, see "Reference Notes."									Note 3		Note 4			
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM
PENN STATION	J 8:32	8:44	......	9:19	9:33	......	10:22	10:33	10:59	......	J 11:10	11:22	11:33	......
GRAND CENTRAL	J 8:34	......	9:06	......	......	10:06	......	......	......	11:06	J 11:13	......	......	12:06
Woodside	......	......	......	9:30	......	......	10:34	......	......	......	......	11:34	......	......
Forest Hills	......	8:58	9:21	......	9:49	10:22	......	10:49	......	11:22	......	......	11:49	12:22
Kew Gardens	......	9:00	9:23	......	9:51	10:24	......	10:51	......	11:24	......	......	11:51	12:24
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......	......
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......	......
JAMAICA (Arrive)	8:55	9:05	9:26	9:39	9:55	10:28	10:42	10:55	11:20	11:28	11:34	11:42	11:55	12:28
JAMAICA (Leave)	9:03	9:06	9:28	9:41	9:57	10:30	10:44	10:57	11:22	11:30	11:41	11:44	11:57	12:30
Lynbrook (Note)	......	......	9:42	......	10:10	......	......	11:10	......	......	......	......	12:10	......
Rockville Centre	......	9:21	9:44	......	10:13	10:45	......	11:13	......	11:45	......	......	12:13	12:45
Baldwin	......	9:24	9:47	......	10:16	10:48	......	11:16	......	11:48	......	......	12:16	12:48
Freeport	......	9:27	9:50	10:00	10:19	10:51	11:02	11:19	......	11:51	......	12:02	12:19	12:51
Merrick	......	9:30	9:53	......	10:22	10:54	......	11:22	......	11:54	......	......	12:22	12:54
Bellmore	......	9:33	9:56	......	10:25	10:57	......	11:25	......	11:57	......	......	12:25	12:57
Wantagh	......	9:36	9:59	......	10:28	11:00	......	11:28	......	12:00	......	......	12:28	1:00
Seaford	......	9:39	10:02	......	10:31	11:03	......	11:31	......	12:03	......	......	12:31	1:03
Massapequa	......	9:41	10:04	10:11	10:33	11:05	11:12	11:33	......	12:05	......	12:12	12:33	1:05
Massapequa Park	......	9:43	......	10:13	10:35	......	11:14	11:35	......	......	......	12:14	12:35	......
Amityville	......	9:46	......	10:16	10:38	......	11:17	11:38	......	......	......	12:17	12:38	......
Copiague	......	9:49	......	10:19	10:41	......	11:20	11:41	......	......	......	12:20	12:41	......
Lindenhurst	......	9:52	......	10:22	10:44	......	11:23	11:44	......	......	......	12:23	12:44	......
BABYLON	9:36	9:58	......	10:28	10:50	......	11:28	11:50	12:02	......	12:20	12:28	12:50	......
	AM	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM
Train #	62	130	1290	132	134	1292	136	138	140	1294	8	144	146	1296

For explanation, see "Reference Notes."														
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
PENN STATION	12:22	12:33	......	1:22	1:33	......	2:32	2:39	2:45	J 2:45	......	3:17	3:38	3:45
GRAND CENTRAL	......	......	1:05	......	......	1:56	......	......	......	J 2:41	3:04	......	......	......
Woodside	12:34	......	......	1:34	......	......	......	......	2:56	......	......	3:28	......	......
Forest Hills	......	12:49	......	......	1:49	2:11	2:48	......	......	......	......	......	......	......
Kew Gardens	......	12:51	......	......	1:51	2:13	2:50	......	......	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......	......
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......	......
JAMAICA (Arrive)	12:42	12:55	1:26	1:42	1:55	2:17	2:54	2:58	3:05	3:05	3:25	3:37	3:58	4:05
JAMAICA (Leave)	12:44	12:57	1:28	1:44	1:57	2:19	2:56	2:59	3:06	3:10	3:26	3:38	3:59	4:06
Lynbrook (Note)	......	1:10	......	......	2:10	......	......	......	......	......	3:40	......	......	......
Rockville Centre	......	1:13	1:44	......	2:13	2:34	......	3:15	3:22	......	3:42	3:54	......	4:22
Baldwin	......	1:16	1:47	......	2:16	2:37	......	3:18	3:25	......	3:45	3:57	......	4:25
Freeport	1:02	1:19	1:50	2:02	2:19	2:40	3:14	3:21	3:28	......	3:48	4:00	......	4:28
Merrick	......	1:22	1:53	......	2:22	2:43	......	3:24	3:31	......	3:51	......	4:24	4:31
Bellmore	......	1:25	1:56	......	2:25	2:46	3:19	3:27	3:34	......	3:54	4:05	4:27	4:34
Wantagh	......	1:28	1:59	......	2:28	2:49	......	3:30	3:37	......	3:57	......	4:30	4:37
Seaford	......	1:31	2:02	......	2:31	2:52	......	3:33	3:40	......	4:00	......	4:33	......
Massapequa	1:12	1:33	2:04	2:12	2:33	2:54	3:24	3:35	3:42	......	4:02	4:10	4:35	4:41
Massapequa Park	1:14	1:35	......	2:14	2:35	2:56	......	3:37	3:44	......	4:04	......	4:37	......
Amityville	1:17	1:38	......	2:17	2:38	2:59	3:28	3:40	3:47	......	4:07	4:15	4:40	......
Copiague	1:20	1:41	......	2:20	2:41	3:02	......	3:43	3:50	......	4:10	......	4:43	......
Lindenhurst	1:23	1:44	......	2:23	2:44	3:05	......	3:46	3:53	......	4:13	......	4:46	......
BABYLON	1:28	1:50	......	2:28	2:50	3:11	3:35	3:52	3:59	3:49	4:19	4:22	4:52	......
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
Train #	148	150	1298	152	156	258	158	160	162	76	262	164	166	1150

For explanation, see "Reference Notes."	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak Note 5	Peak Note 6	Peak Note 9	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
PENN STATION	4:13	......	4:25	4:37	J 4:34	......	......	5:13	5:13	5:13	5:16	5:19	......	......	5:41
GRAND CENTRAL	......	4:12	......	......	J 4:35	4:51	5:00	J 5:06	J 5:09	J 5:06	......	......	5:25	5:30	......
Woodside	4:24	......	......	......	......	......	......	......	......	......	......	......	......	......	......
Forest Hills	......	......	......	......	......	5:06	......	......	......	......	......	5:33	......	......	......
Kew Gardens	......	......	......	......	......	......	......	......	......	......	......	5:35	......	......	5:57
HUNTERSPOINT AVE.	......	......	......	......	4:42	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......	......	......
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......	......	......
JAMAICA (Arrive)	4:32	4:34	4:44	4:56	4:58	5:11	5:21	5:34	5:34	5:34	5:35	5:39	5:47	5:50	6:00
JAMAICA (Leave)	4:33	4:36	4:45	4:57	4:59	5:12	5:23	5:36	5:36	5:36	5:36	5:40	5:48	5:51	6:01
Lynbrook (Note)	......	......	......	......	......	......	5:38	......	......	......	......	......	......	......	......
Rockville Centre	......	4:51	......	5:13	......	......	5:40	......	......	......	......	5:55	......	6:06	......
Baldwin	......	4:54	......	5:16	......	......	5:43	......	......	......	......	5:58	......	6:09	......
Freeport	4:51	4:57	......	5:19	......	......	5:46	......	......	......	......	6:01	......	6:12	......
Merrick	......	5:00	......	5:22	......	......	5:49	......	......	......	......	6:04	......	6:15	......
Bellmore	4:56	5:03	......	5:25	......	......	5:52	......	......	......	......	6:07	......	6:18	......
Wantagh	......	5:06	5:10	5:28	......	5:37	5:55	......	......	......	6:01	6:10	6:13	6:21	6:25
Seaford	......	......	5:13	......	......	5:40	......	......	......	......	6:04	......	6:16	6:24	6:28
Massapequa	5:01	......	5:15	......	......	5:42	......	......	......	......	6:06	......	6:18	......	6:30
Massapequa Park	......	......	5:17	......	......	5:44	......	......	......	......	6:08	......	6:20	......	6:32
Amityville	5:05	......	5:20	......	......	5:48	......	......	......	......	6:11	......	6:23	......	6:35
Copiague	......	......	5:23	......	......	5:50	......	......	......	......	6:14	......	6:26	......	6:38
Lindenhurst	......	......	5:26	......	......	5:53	......	......	......	......	6:17	......	6:29	......	6:41
BABYLON	5:12	......	5:32	......	5:41	5:59	......	6:15	6:15	6:15	6:23	......	6:35	......	6:47
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
Train #	168	1252	170	1154	80	266	1258	20	20	42	172	1162	268	1264	174

For explanation, see "Reference Notes."	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
PENN STATION	5:44	......	6:07	J 6:01	......	6:28	6:31	6:34	......	......	7:00	......	7:23	7:47
GRAND CENTRAL	......	5:51	......	J 6:03	6:17	J 6:17	......	......	6:41	......	......	7:08	......	......
Woodside	5:56	......	......	......	6:29	......	......	6:45	......	......	......	7:20	......	......
Forest Hills	......	......	6:22	......	......	......	6:45	......	......	......	......	......	......	8:02
Kew Gardens	......	......	6:24	......	......	......	......	......	......	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	6:46	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	6:53	......	......	......	......
East New York	......	......	......	......	......	......	......	......	......	6:58	......	......	......	......
JAMAICA (Arrive)	6:03	6:13	6:28	6:23	6:37	6:47	6:50	6:53	7:01	7:07	7:19	7:28	7:42	8:07
JAMAICA (Leave)	6:05	6:14	6:29	6:31	6:38	6:48	6:51	6:54	7:02	7:08	7:20	7:29	7:43	8:08
Lynbrook (Note)	......	......	......	......	......	......	......	7:08	......	......	......	......	......	......
Rockville Centre	6:20	......	6:43	......	......	......	......	7:10	......	7:24	7:34	7:44	......	8:23
Baldwin	6:23	......	6:46	......	......	......	......	7:13	......	7:27	7:37	7:47	......	8:26
Freeport	6:26	......	6:49	......	......	......	......	7:16	......	7:30	7:40	7:50	......	8:29
Merrick	6:29	......	6:52	......	......	......	......	7:19	......	7:33	7:43	7:53	......	8:32
Bellmore	6:32	......	6:55	......	......	......	......	7:22	......	7:36	7:46	7:56	......	8:35
Wantagh	6:35	6:39	6:58	......	7:03	......	7:16	7:25	7:28	7:39	7:49	7:59	8:08	8:38
Seaford	......	6:42	......	......	7:06	......	7:19	......	7:31	7:42	7:52	8:03	8:11	8:41
Massapequa	......	6:44	......	......	7:08	......	7:21	......	7:33	7:44	7:54	8:05	8:13	8:43
Massapequa Park	......	6:46	......	......	7:10	......	7:23	......	7:35	7:46	7:56	8:07	8:15	8:45
Amityville	......	6:49	......	......	7:13	......	7:26	......	7:38	7:49	7:59	8:10	8:19	8:48
Copiague	......	6:52	......	......	7:16	......	7:29	......	7:41	7:52	8:02	8:13	8:21	8:51
Lindenhurst	......	6:55	......	......	7:19	......	7:32	......	7:44	7:55	8:05	8:16	8:24	8:54
BABYLON	......	7:01	......	7:14	7:25	7:30	7:38	......	7:50	8:01	8:11	8:22	8:30	9:00
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
Train #	1166	270	1172	22	272	44	176	1178	274	298	178	276	180	182

For explanation, see "Reference Notes."															
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
PENN STATION	......	7:59	......	J 8:21	8:46	......	9:31	9:46	......	J 10:23	10:23	10:52	......	11:34	11:51
GRAND CENTRAL	......	......	8:12	J 8:24	......	9:12	......	......	10:07	J 10:28	......	......	11:12	......	......
Woodside	......	......	......	......	......	9:24	9:43	......	10:19	......	10:34	11:03	11:23	11:45	......
Forest Hills	......	......	......	......	9:02	......	......	10:00	......	......	......	......	......	......	......
Kew Gardens	......	......	......	......	9:04	......	......	10:02	......	......	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	7:50	......	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	7:57	......	......	......	......	......	......	......	......	......	......	......	......	......	......
East New York	8:02	......	......	......	......	......	......	......	......	......	......	......	......	......	......
JAMAICA (Arrive)	8:11	8:18	8:33	8:45	9:08	9:33	9:51	10:07	10:28	10:49	10:44	11:13	11:31	11:54	12:11
JAMAICA (Leave)	8:12	8:19	8:35	8:50	9:10	9:35	9:53	10:09	10:30	10:53	10:46	11:15	11:33	11:56	12:13
Lynbrook (Note)	8:26	......	8:49	......	......	9:49	......	......	10:44	......	......	......	11:47	......	......
Rockville Centre	8:28	......	8:51	......	9:26	9:51	......	10:24	10:46	......	11:02	11:30	11:49	......	12:29
Baldwin	8:31	......	8:54	......	9:29	9:54	......	10:27	10:49	......	11:05	11:33	11:53	......	12:32
Freeport	8:34	......	8:57	......	9:32	9:57	10:11	10:30	10:52	......	11:08	11:36	11:56	12:13	12:35
Merrick	......	......	9:00	......	9:35	10:00	......	10:33	10:55	......	11:11	11:39	11:59	......	12:38
Bellmore	......	......	9:03	......	9:38	10:03	10:16	10:36	10:58	......	11:14	11:42	12:02	12:18	12:41
Wantagh	......	8:44	9:06	......	9:41	10:06	......	10:39	11:01	......	11:17	11:45	12:05	......	12:44
Seaford	......	8:47	9:09	......	9:44	10:09	......	10:42	11:04	......	11:20	11:48	12:08	......	12:47
Massapequa	......	8:49	9:11	......	9:46	10:11	10:21	10:44	11:06	......	11:22	11:50	12:10	12:23	12:49
Massapequa Park	......	8:51	9:13	......	9:48	10:13	......	10:46	11:08	......	11:24	11:52	12:12	......	12:51
Amityville	......	8:54	9:16	......	9:51	10:17	10:26	10:49	11:11	......	11:27	11:55	12:15	12:27	12:54
Copiague	......	8:57	9:19	......	9:54	10:19	......	10:52	11:14	......	11:30	11:58	12:18	......	12:57
Lindenhurst	......	9:00	9:22	......	9:57	10:22	......	10:55	11:17	......	11:33	12:01	12:21	......	1:00
BABYLON	......	9:06	9:28	9:28	10:03	10:28	10:32	11:00	11:23	11:33	11:39	12:07	12:27	12:34	1:06
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	AM	AM	AM
Train #	284	184	286	26	186	288	188	190	290	48	192	194	292	196	198

Monday through Friday except Holidays, Effective May 11, 2026 - September 7, 2026

Westbound

To Penn Station, Grand Central, Brooklyn* & Jamaica

Weekdays

See the TrainTime app for complete service west of Jamaica as well as transfer options.

For explanation, see "Reference Notes."	Tuesday-Friday		Tuesday-Friday	Monday Only							Peak AM	Peak AM	Peak AM
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
BABYLON	12:00	12:11	12:22	12:23	12:36	1:40	3:14	3:26	4:10	4:30	4:50	5:03	5:13
Lindenhurst	......	......	......	......	12:42	1:46	......	......	4:16	4:36	4:56	5:09	5:19
Copiague	......	......	......	......	12:45	1:49	......	......	4:19	4:39	4:59	5:12	5:22
Amityville	......	12:19	......	......	12:47	1:51	3:21	......	4:21	4:41	5:01	5:14	5:24
Massapequa Park	......	......	......	......	12:49	1:53	......	......	4:23	4:43	5:03	5:16	5:26
Massapequa	......	12:23	......	......	12:51	1:55	3:26	......	4:25	4:45	5:05	5:18	5:28
Seaford	......	......	......	......	12:54	1:58	......	......	4:28	4:48	5:08	5:21	5:31
Wantagh	......	......	......	......	12:57	2:01	......	......	4:31	4:51	5:11	5:24	5:34
Bellmore	......	12:28	......	......	1:00	2:04	3:31	......	4:34	4:54	5:14	5:27	......
Merrick	......	......	......	......	1:03	2:07	......	......	4:37	4:57	5:17	5:30	......
Freeport	......	12:33	......	......	1:06	2:10	3:36	......	4:40	5:00	5:20	5:33	......
Baldwin	......	......	......	......	1:09	2:13	......	......	4:43	5:03	5:23	5:36	......
Rockville Centre	......	......	......	......	1:12	2:16	......	......	4:46	5:06	5:26	5:39	......
Lynbrook (Note)	......	......	......	......	1:15	2:19	......	......	......	5:09	......	5:42	......
JAMAICA (Arrive)	12:41	12:50	1:00	1:04	1:28	2:32	3:53	4:05	5:02	5:22	5:40	5:55	5:58
JAMAICA (Leave)	12:45	12:52	1:10	1:10	1:30	2:33	3:54	4:16	5:03	5:23	5:41	5:56	5:59
East New York	......	......	......	......	......	......	......	......	......	......	......	6:05	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	6:10	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	6:17	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	......	......	......	......	......	......	......	......	......	......	......	......	......
Forest Hills	......	......	......	......	......	......	......	......	5:08	5:29	......	......	......
Woodside	......	......	......	......	......	......	4:02	......	......	......	......	......	......
GRAND CENTRAL	J 1:08	......	J 1:33	J 1:33	......	......	......	......	......	......	......	......	6:18
PENN STATION	J 1:04	1:11	J 1:31	J 1:31	1:49	2:51	4:12	J 4:35	5:21	5:43	6:00	......	......
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
Train #	79	101	21	6049	103	105	107	3	109	111	119	215	217

For explanation, see "Reference Notes."	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	AM	AM	AM	AM	AM	AM	AM	AM	AM
BABYLON	......	5:25	......	5:45	6:00	......	6:03	......	6:15	6:23	......	6:28	......	6:48
Lindenhurst	......	5:31	......	5:51	......	......	6:09	......	6:21	......	......	6:34	......	......
Copiague	......	5:34	......	5:54	......	......	6:12	......	6:24	......	......	6:37	......	......
Amityville	......	5:36	......	5:56	......	......	6:14	......	6:26	......	......	6:39	......	......
Massapequa Park	......	5:38	......	5:58	......	......	6:16	......	6:28	......	......	6:41	......	......
Massapequa	......	5:40	......	6:00	......	......	6:18	......	6:30	......	......	6:43	......	......
Seaford	......	5:43	......	6:03	......	......	6:21	......	6:33	......	......	6:46	......	......
Wantagh	5:38	5:46	5:56	6:06	......	6:15	6:24	6:27	6:36	......	6:40	6:49	6:52	......
Bellmore	5:41	......	5:59	......	......	6:17	......	6:30	......	......	6:43	......	6:55	......
Merrick	5:44	......	6:02	......	......	6:20	......	6:33	......	......	6:46	......	6:58	......
Freeport	5:47	......	6:05	......	......	6:23	......	6:36	......	......	6:49	......	7:01	......
Baldwin	5:50	......	6:08	......	......	6:26	......	6:39	......	......	6:52	......	7:04	......
Rockville Centre	5:53	......	6:11	......	......	6:29	......	6:42	......	......	6:55	......	7:07	......
Lynbrook (Note)	......	......	......	......	......	......	......	......	......	......	......	......	......	......
JAMAICA (Arrive)	6:07	6:12	6:26	6:31	6:37	6:44	6:49	6:58	7:01	7:04	7:10	7:17	7:24	7:28
JAMAICA (Leave)	6:08	6:13	6:27	6:32	6:38	6:45	6:50	6:59	7:02	7:05	7:11	7:18	7:25	7:29
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	7:23	......	......	......	7:47
Kew Gardens	......	......	6:31	......	......	......	......	......	......	......	......	......	......	......
Forest Hills	......	......	......	......	......	......	......	......	......	......	......	7:23	......	......
Woodside	......	6:21	......	6:39	......	......	......	......	7:13	......	7:19	......	......	......
GRAND CENTRAL	......	......	6:46	6:50	J 7:02	......	......	7:18	7:24	J 7:27	......	......	......	J 7:54
PENN STATION	6:26	6:32	......	......	6:56	7:03	7:10	......	......	J 7:28	7:31	7:37	7:43	J 7:52
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
Train #	1117	121	1223	221	5	1121	123	1225	223	35	1123	125	1125	37

For explanation, see "Reference Notes."	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	AM	AM	AM	AM	AM	AM	AM	AM
BABYLON	6:45	......	6:55	7:09	7:16	7:12	7:21	......	7:28	......	7:48	7:48	......
Lindenhurst	6:51	......	7:01	......	......	7:18	......	......	7:34	......	......	7:54	......
Copiague	6:54	......	7:04	......	......	7:21	......	......	7:37	......	......	7:57	......
Amityville	6:56	......	7:06	......	......	7:23	......	......	7:39	......	......	7:59	......
Massapequa Park	6:58	......	7:08	......	......	7:25	......	......	7:41	......	......	8:01	......
Massapequa	7:00	......	7:11	......	......	7:27	......	......	7:43	......	......	8:03	......
Seaford	7:03	......	7:14	......	......	7:30	......	......	7:46	......	......	8:06	......
Wantagh	7:06	7:09	7:16	7:25	......	7:33	7:36	......	7:49	7:57	......	8:09	8:18
Bellmore	......	7:12	......	7:28	......	......	7:39	......	......	8:00	......	......	8:21
Merrick	......	7:15	......	7:31	......	......	7:42	......	......	8:03	......	......	8:24
Freeport	......	7:18	......	7:34	......	......	7:44	7:49	......	8:06	......	......	8:27
Baldwin	......	7:21	......	7:37	......	......	......	7:52	7:58	8:09	......	......	8:30
Rockville Centre	......	7:24	......	7:40	......	......	......	7:55	8:01	8:12	......	......	8:33
Lynbrook (Note)	......	......	7:28	......	......	......	......	......	......	8:15	......	......	8:36
JAMAICA (Arrive)	7:31	7:41	7:44	7:55	7:59	8:00	8:08	8:13	8:17	8:30	8:30	8:34	8:50
JAMAICA (Leave)	7:32	7:42	7:45	7:56	8:00	8:02	8:09	8:15	8:18	8:31	8:32	8:35	8:51
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	8:48	......	......
Kew Gardens	7:36	......	......	......	......	8:06	......	......	......	......	......	......	......
Forest Hills	7:38	......	......	......	......	8:08	......	......	8:23	......	......	......	......
Woodside	......	......	7:53	8:04	......	......	......	......	......	......	......	......	8:59
GRAND CENTRAL	7:54	......	......	8:16	J 8:28	8:22	......	8:35	......	8:50	J 8:53	8:53	......
PENN STATION	......	8:02	8:05	......	8:20	......	8:29	......	8:39	......	J 8:53	......	9:11
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
Train #	227	1127	127	229	39	231	1129	1233	129	1235	7	233	1133

For explanation, see "Reference Notes."	Peak AM	Peak AM	Peak AM			Note 1							
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
BABYLON	8:06	8:16	8:30	8:41	9:02	9:13	9:20	9:41	10:14	......	10:41	11:14	......
Lindenhurst	8:14	8:22	8:36	8:47	......	......	9:26	9:47	10:20	......	10:47	11:20	......
Copiague	8:17	8:25	8:39	8:50	......	......	9:29	9:50	10:23	......	10:50	11:23	......
Amityville	8:19	8:27	8:41	8:52	9:10	......	9:31	9:52	10:25	......	10:52	11:25	......
Massapequa Park	8:21	8:29	8:43	8:54	......	......	9:33	9:54	10:27	......	10:54	11:27	......
Massapequa	8:23	8:31	8:45	8:56	9:14	......	9:35	9:56	10:30	10:36	10:56	11:30	11:36
Seaford	8:26	8:34	8:48	8:59	......	......	9:38	9:59	......	10:39	10:59	......	11:39
Wantagh	8:29	8:37	8:51	9:02	......	......	9:41	10:02	......	10:42	11:02	......	11:42
Bellmore	8:32	8:40	8:54	9:05	9:19	......	9:44	10:05	......	10:45	11:05	......	11:45
Merrick	8:35	8:43	8:57	9:08	......	......	9:47	10:08	......	10:48	11:08	......	11:48
Freeport	8:38	......	9:00	9:11	9:24	......	9:50	10:11	10:39	10:51	11:11	11:39	11:51
Baldwin	8:41	......	9:03	9:14	......	......	9:53	10:14	......	10:54	11:14	......	11:54
Rockville Centre	8:44	......	9:06	9:16	......	......	9:56	10:17	......	10:57	11:17	......	11:57
Lynbrook (Note)	......	......	......	9:19	......	......	9:59	......	......	11:00	......	......	12:00
JAMAICA (Arrive)	8:59	9:05	9:20	9:34	9:41	9:50	10:14	10:32	10:56	11:13	11:32	11:56	12:13
JAMAICA (Leave)	9:00	9:06	9:21	9:35	9:42	9:51	10:16	10:34	10:58	11:15	11:34	11:58	12:15
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	10:09	......	......	......	......	......	......	......
Kew Gardens	......	9:10	......	......	......	......	10:20	......	......	11:19	......	......	12:19
Forest Hills	......	......	9:26	......	......	......	10:22	......	......	11:21	......	......	12:21
Woodside	......	......	......	......	......	......	......	......	......	......	......	......	......
GRAND CENTRAL	......	......	......	......	......	J 10:36	10:36	......	......	11:35	......	......	12:35
PENN STATION	9:19	9:25	9:40	9:54	10:01	J 10:13	......	10:52	11:18	......	11:52	12:18	......
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM	PM
Train #	131	133	135	137	139	11	241	141	143	1291	145	147	1293

For explanation, see "Reference Notes."													
	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
BABYLON	11:41	12:14	......	12:41	1:14	......	1:38	1:45	2:14	......	2:42	3:07	3:18
Lindenhurst	11:47	12:20	......	12:47	1:20	......	1:44	......	2:20	......	2:48	......	3:24
Copiague	11:50	12:23	......	12:50	1:23	......	1:47	......	2:23	......	2:51	......	3:27
Amityville	11:52	12:25	......	12:52	1:25	......	1:49	......	2:25	......	2:53	......	3:29
Massapequa Park	11:54	12:27	......	12:54	1:27	......	1:51	......	2:27	......	2:56	......	3:31
Massapequa	11:56	12:30	12:36	12:56	1:30	1:36	1:53	......	2:30	2:36	2:58	......	3:33
Seaford	11:59	......	12:39	12:59	......	1:39	1:56	......	......	2:39	3:01	......	3:36
Wantagh	12:02	......	12:42	1:02	......	1:42	1:59	......	......	2:42	3:04	......	3:39
Bellmore	12:05	......	12:45	1:05	......	1:45	2:02	......	......	2:45	3:07	......	3:42
Merrick	12:08	......	12:48	1:08	......	1:48	2:05	......	......	2:48	3:10	......	3:45
Freeport	12:11	12:39	12:51	1:11	1:39	1:51	2:08	......	2:39	2:51	3:13	3:29	3:48
Baldwin	12:14	......	12:54	1:14	......	1:54	2:11	......	......	2:54	3:16	......	3:51
Rockville Centre	12:17	......	12:57	1:17	......	1:57	2:14	......	......	2:57	3:19	......	3:54
Lynbrook (Note)	......	......	1:00	......	......	2:00	......	......	......	3:00	......	......	3:57
JAMAICA (Arrive)	12:32	12:56	1:13	1:32	1:56	2:13	2:30	2:25	2:56	3:13	3:35	3:48	4:11
JAMAICA (Leave)	12:34	12:58	1:15	1:34	1:58	2:15	2:32	2:32	2:57	3:15	3:36	3:49	4:12
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	......	......	1:19	......	......	2:19	2:36	......	......	3:19	......	3:53	......
Forest Hills	......	......	1:21	......	......	2:21	2:38	......	......	3:21	......	3:55	4:17
Woodside	......	......	......	......	......	......	......	......	3:06	......	......	......	......
GRAND CENTRAL	......	......	1:35	......	......	2:35	......	J 2:56	......	3:35	......	......	4:32
PENN STATION	12:52	1:18	......	1:52	2:18	......	2:53	J 2:53	3:16	......	3:54	4:09	......
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
Train #	149	155	1295	157	159	1297	161	13	163	1299	165	167	257

For explanation, see "Reference Notes."													
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
BABYLON	3:43	4:07	4:17	4:52	5:14	......	5:18	5:35	6:06	6:18	6:38	7:07	7:18
Lindenhurst	3:49	......	4:23	4:58	......	......	5:24	5:41	......	6:24	6:44	......	7:24
Copiague	3:52	......	4:26	5:01	......	......	5:27	5:44	......	6:27	6:47	......	7:27
Amityville	3:54	4:15	4:28	5:03	......	......	5:29	5:47	6:14	6:29	6:49	7:15	7:29
Massapequa Park	3:56	......	4:30	5:05	......	......	5:31	5:49	......	6:31	6:51	......	7:31
Massapequa	3:58	4:19	4:32	5:07	......	5:26	5:33	5:51	6:18	6:33	6:53	7:19	7:33
Seaford	4:01	......	4:35	5:10	......	......	5:36	5:54	......	6:36	6:56	......	7:36
Wantagh	4:04	......	4:38	5:13	......	......	5:39	5:57	......	6:39	6:59	......	7:39
Bellmore	4:07	4:24	4:41	5:16	......	5:32	5:42	6:00	6:23	6:42	7:02	7:24	7:42
Merrick	4:10	......	4:44	5:19	......	......	5:45	6:03	......	6:45	7:05	......	7:45
Freeport	4:13	4:29	4:47	5:22	......	5:37	5:48	6:06	6:28	6:48	7:08	7:29	7:48
Baldwin	4:16	......	4:50	5:25	......	......	5:51	6:09	......	6:51	7:11	......	7:51
Rockville Centre	4:19	......	4:53	5:28	......	......	5:54	6:12	......	6:54	7:14	......	7:54
Lynbrook (Note)	......	......	4:56	......	......	......	5:57	......	......	6:57	......	......	7:57
JAMAICA (Arrive)	4:34	4:46	5:10	5:45	5:51	5:54	6:11	6:26	6:45	7:11	7:29	7:46	8:10
JAMAICA (Leave)	4:35	4:47	5:11	5:46	5:55	5:55	6:13	6:27	6:46	7:12	7:30	7:47	8:11
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	......	......	......	......	......	......	......	......	......	......	......	......	......
Forest Hills	4:40	......	5:16	5:51	......	......	6:18	6:32	......	7:17	7:35	......	......
Woodside	......	4:55	......	......	......	......	......	......	6:54	......	......	7:55	......
GRAND CENTRAL	......	......	5:30	......	J 6:32	......	6:32	......	......	7:31	......	......	8:30
PENN STATION	4:54	5:05	......	6:05	J 6:13	6:13	......	6:46	7:04	......	7:49	8:05	......
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
Train #	169	171	261	173	45	1161	263	175	177	265	179	181	267

For explanation, see "Reference Notes."													
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
BABYLON	7:38	8:07	8:14	8:37	9:11	9:37	10:08	10:14	10:41	11:04	11:12	11:17	11:45
Lindenhurst	7:44	......	8:20	8:43	9:17	9:43	......	10:20	10:47	......	......	11:23	11:51
Copiague	7:47	......	8:23	8:46	9:20	9:46	......	10:23	10:50	......	......	11:26	11:54
Amityville	7:49	8:15	8:25	8:48	9:22	9:48	......	10:25	10:52	......	11:20	11:28	11:56
Massapequa Park	7:51	......	8:27	8:50	9:24	9:50	......	10:27	10:54	......	......	11:30	11:58
Massapequa	7:53	8:19	8:29	8:52	9:26	9:52	......	10:29	10:56	......	11:24	11:32	12:00
Seaford	7:56	......	8:32	8:55	9:29	9:55	......	10:32	10:59	......	......	11:35	12:03
Wantagh	7:59	......	8:35	8:58	9:32	9:58	......	10:35	11:02	......	......	11:38	12:06
Bellmore	8:02	8:24	8:38	9:01	9:35	10:01	......	10:38	11:05	......	11:29	11:41	12:09
Merrick	8:05	......	8:41	9:04	9:38	10:04	......	10:41	11:08	......	......	11:44	12:12
Freeport	8:08	8:29	8:44	9:07	9:41	10:07	......	10:44	11:11	......	11:34	11:47	12:15
Baldwin	8:11	......	8:47	9:10	9:44	10:10	......	10:47	11:14	......	......	11:50	12:18
Rockville Centre	8:14	......	8:50	9:13	9:47	10:13	......	10:50	11:17	......	......	11:53	12:21
Lynbrook (Note)	......	......	8:52	......	9:49	......	......	10:52	......	......	......	11:56	......
JAMAICA (Arrive)	8:30	8:46	9:05	9:30	10:02	10:29	10:45	11:06	11:34	11:40	11:52	12:10	12:35
JAMAICA (Leave)	8:31	8:47	9:06	9:32	10:04	10:31	10:50	11:08	11:36	11:49	11:54	12:12	12:37
East New York	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL	......	......	......	......	......	......	......	......	......	......	......	......	......
HUNTERSPOINT AVE.	......	......	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	......	......	......	......	......	......	......	......	......	......	......	......	......
Forest Hills	......	......	......	......	......	......	......	......	......	......	......	......	......
Woodside	......	8:55	......	9:38	......	......	......	11:17	......	......	12:03	12:21	......
GRAND CENTRAL	......	......	......	......	10:23	......	J 11:10	11:28	......	J 12:11	......	12:32	......
PENN STATION	8:50	9:05	9:25	9:49	......	10:50	J 11:12	......	11:55	J 12:08	12:14	......	12:56
	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	AM	AM	AM
Train #	183	185	187	189	271	191	47	273	193	49	195	275	197

To Hunterspoint Avenue & Long Island City
Monday to Friday except Holidays

Train #	Notes	Leave Jamaica	Arrive HP Ave	Arrive LI City
Morning Service				
609	Peak	6:14	6:32	6:40
611	Peak	6:44	7:02	7:14
35	Peak	7:05	7:23	7:35
37	Peak	7:29	7:47	7:55
615	Peak	7:41	7:59	......
509	Peak	7:55	8:11	......
617	Peak	8:05	8:22	8:30
7	Peak	8:32	8:48	8:57
621	Peak	8:57	9:13	......
515	Peak	9:12	9:28	9:36
11	Note 1	9:51	10:09	......

From Long Island City & Hunterspoint Avenue
Monday to Friday except Holidays

Train #	Notes	Leave LI City	Leave HP Ave	Arrive Jamaica
Afternoon and Evening Service				
12	Note 3	......	1:11	1:29
656		3:15	3:30	3:46
558		......	3:57	4:16
658	Peak	......	4:22	4:37
18	Peak	......	4:30	4:46
80	Peak	4:27	4:42	4:58
662	Peak	4:58	5:07	5:25
698	Peak	5:43	5:58	6:16
668	Peak	......	6:43	6:58
568	Peak	6:40	6:53	7:09

Station Services: Connecting Transportation

	Fare Zone	Bus	Taxi	Airport	Subway/Rail
PENN STATION	1	M7, M20, M34-SBS, M34A-SBS, Q32			1, 2, 3, A, C, E, Amtrak, NJ TRANSIT
GRAND CENTRAL	1	M1, M2, M3, M4, M42, M101, M102, M103, Q32			4, 5, 6, 7, S, METRO-NORTH
Woodside Forest Hills Kew Gardens	1 1 1	Q18, Q32, Q53-SBS, Q70-SBS Q23, Q60, Q64, Q74 Q10, Q80		LaGuardia Link Q70-SBS Q10	7 E, F, M, R
HUNTERSPOINT AVE.	1	Q67			7
ATLANTIC TERMINAL Nostrand Avenue East New York	1 1 1	B37, B41, B45, B63, B65, B67, B103 B25, B26, B44, B44-SBS, B49 B12, B20, B25, B83, Q24, Q56			2, 3, 4, 5, B, D, N, Q, R A, C A, C, J, Z, L
JAMAICA	3	Q1, Q6, Q8, Q9, Q20, Q24, Q25, Q30, Q31, Q40, Q41, Q43, Q44-SBS, Q54, Q56, Q60, Q65, Q75		AIRTRAIN	E, J, Z
Lynbrook	4	n4, n25, n31, n32	(516) 599-1600		
Rockville Centre Baldwin Freeport	7 7 7	n4, n15, n16, n31x, Mercy Medical Shuttle n4, n19, n40, n43, n88X	(516) 536-3333 (516) 223-0036 (516) 868-2222		
Merrick Bellmore Wantagh	7 7 7		(516) 378-1144 (516) 785-0412 (516) 785-1770		
Seaford Massapequa Massapequa Park	7 7 7	n54 n54, n55, n80 n54, n55, n80	(516) 221-1111 (516) 541-1111 (516) 541-1212		
Amityville Copiague Lindenhurst BABYLON	9 9 9 9	1, 10, n54, n55, n71 10 2, 3, 5, 10, 15	(631) 842-1111 (631) 842-1111 (631) 842-8294 (631) 661-0027		

MTA Long Island Rail Road

Effective May 11, 2026 - September 7, 2026

Babylon
Branch Timetable

www.mta.info

- Babylon
- Lindenhurst
- Copaigue
- Amityville
- Massapequa Park
- Massapequa
- Seaford
- Wantagh
- Bellmore
- Merrick
- Freeport
- Baldwin
- Rockville Centre
- Jamaica — AIRTRAIN
- Atlantic Terminal (Brooklyn)
- Hunterspoint Avenue
- Long Island City
- Woodside — LaGuardia Link Q70 +selectbusservice
- Grand Central
- Penn Station

Use the TrainTime app or a City Terminal Zone timetable to view full service west of Jamaica and plan for your transfer options.

/// WATCH THE GAP ///

Saturday, Sunday and Holidays, Effective May 11, 2026 - September 7, 2026

Eastbound

To Babylon

Weekends & Holidays

See the TrainTime app for complete service west of Jamaica as well as transfer options.

| For explanation, see "Reference Notes." | AM | AM | AM