

Saturday, Sunday and Holidays, Effective March 3 - May 18, 2025

Eastbound	For explanation, see "Reference Notes."																								
		AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM
PENN STATION	.....	12:50	1:57	3:47	5:34	5:45	6:45	7:06	7:45	8:06	8:45	9:06	9:42	10:06	10:45	11:06	11:45	12:06	12:45	1:06	1:45				
GRAND CENTRAL	12:15	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Woodside	.....	1:01	2:09	3:58	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Forest Hills	12:30	.....	.....	.....	.....	.....	7:00	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Kew Gardens	12:32	.....	.....	.....	.....	.....	7:02	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
JAMAICA (Arrive)	12:36	1:11	2:17	4:07	5:54	6:06	7:06	7:26	8:06	8:26	9:06	9:26	10:03	10:26	11:06	11:26	12:06	12:26	1:06	1:26	2:06				
JAMAICA (Leave)	12:38	1:13	2:19	4:08	5:55	6:08	7:08	7:28	8:08	8:28	9:08	9:28	10:05	10:28	11:08	11:28	12:08	12:28	1:08	1:28	2:08				
Locust Manor	.....	1:19	2:25	4:14	6:01	.....	.....	7:34	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Laurelton	.....	1:21	2:27	4:16	6:03	.....	.....	7:36	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Rosedale	.....	1:24	2:30	4:19	6:06	.....	.....	7:39	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Valley Stream (Note)	.....	1:27	2:33	4:22	6:09	.....	.....	7:42	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
LYNBROOK	A 12:52	B 1:30	B 2:36	B 4:25	B 6:12	A 6:21	A 7:21	B 7:45	A 8:21	B 8:45	A 9:21	B 9:45	A 10:18	B 10:45	A 11:21	B 11:45	A 12:21	B 12:45	A 1:21	B 1:45	A 2:21				
Centre Avenue	.....	1:32	2:38	4:27	6:14	.....	.....	7:47	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
East Rockaway	.....	1:34	2:40	4:29	6:16	.....	.....	7:49	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Oceanside	.....	1:36	2:42	4:31	6:18	.....	.....	7:51	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Island Park	.....	1:40	2:46	4:35	6:22	.....	.....	7:55	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
LONG BEACH	.....	1:47	2:53	4:42	6:29	.....	.....	8:02	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Train #	6202	6802	6804	6806	6810	6108	6112	6812	6116	6814	6120	6816	6124	6820	6128	6822	6132	6850	6152	6852	6156				

Saturday, Sunday and Holidays, Effective March 3 - May 18, 2025

Westbound	For explanation, see "Reference Notes."	Sunday Only																																
		AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM											
LONG BEACH	.....	12:13	.....	.....	.....	3:52	4:52	5:43	.....	.....	.....	6:45	.....	.....	.....	7:42	.....	.....	.....	8:42	.....	.....	.....	9:42	.....	.....	.....	10:42	.....	.....	.....	11:42	.....	
Island Park	.....	12:19	.....	.....	.....	3:58	4:58	5:49	.....	.....	.....	6:51	.....	.....	.....	7:48	.....	.....	.....	8:48	.....	.....	.....	9:48	.....	.....	.....	10:48	.....	.....	.....	11:48	.....	
Oceanside	.....	12:23	.....	.....	.....	4:02	5:02	5:53	.....	.....	.....	6:55	.....	.....	.....	7:52	.....	.....	.....	8:52	.....	.....	.....	9:52	.....	.....	.....	10:52	.....	.....	.....	11:52	.....	
East Rockaway	.....	12:25	.....	.....	.....	4:04	5:04	5:55	.....	.....	.....	6:57	.....	.....	.....	7:54	.....	.....	.....	8:54	.....	.....	.....	9:54	.....	.....	.....	10:54	.....	.....	.....	11:54	.....	
Centre Avenue	.....	12:27	.....	.....	.....	4:06	5:06	5:57	.....	.....	.....	6:59	.....	.....	.....	7:56	.....	.....	.....	8:56	.....	.....	.....	9:56	.....	.....	.....	10:56	.....	.....	.....	11:56	.....	
LYNBROOK	A 12:22	B 12:30	A 1:28	A 2:19	B 4:09	B 5:09	B 6:00	A 6:19	B 7:02	A 7:21	B 7:59	A 8:21	B 8:59	A 9:21	B 9:59	A 10:21	B 10:59	A 11:24	B 11:59	A 12:24														
Valley Stream (Note)	.....	12:33	.....	.....	.....	4:12	5:12	6:03	.....	.....	.....	7:05	.....	.....	.....	8:02	.....	.....	.....	9:02	.....	.....	.....	10:02	.....	.....	.....	11:02	.....	.....	.....	12:02	.....	
Rosedale	.....	.....	.....	.....	.....	4:15	5:15	6:06	.....	.....	.....	7:08	.....	.....	.....	8:05	.....	.....	.....	9:05	.....	.....	.....	10:05	.....	.....	.....	11:05	.....	.....	.....	12:05	.....	
Laurelton	.....	.....	.....	.....	.....	4:18	5:18	6:09	.....	.....	.....	7:11	.....	.....	.....	8:08	.....	.....	.....	9:08	.....	.....	.....	10:08	.....	.....	.....	11:08	.....	.....	.....	12:08	.....	
Locust Manor	.....	.....	.....	.....	.....	4:20	5:20	6:11	.....	.....	.....	7:13	.....	.....	.....	8:10	.....	.....	.....	9:10	.....	.....	.....	10:10	.....	.....	.....	11:10	.....	.....	.....	12:10	.....	
JAMAICA (Arrive)	12:35	12:43	1:41	2:32	4:27	5:27	6:18	6:32	7:19	7:35	8:16	8:35	9:16	9:35	10:16	10:35	11:16	11:38	12:16	12:38														
JAMAICA (Leave)	12:37	12:45	1:42	2:33	4:28	5:28	6:19	6:33	7:21	7:37	8:18	8:37	9:18	9:37	10:18	10:37	11:18	11:40	12:18	12:40														
Kew Gardens	12:41	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....		
Forest Hills	12:43	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Woodside	.....	12:53	1:51	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
GRAND CENTRAL	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
PENN STATION	12:58	1:04	2:02	2:52	4:46	5:46	6:38	6:52	7:41	7:57	8:38	8:57	9:38	9:57	10:38	10:57	11:38	12:00	12:38	1:00														
Train #	6197	6801	6103	6105	6805	6807	6809	6113	6811	6115	6813	6119	6815	6123	6817	6127	6823	6131	6825	6135														

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

For explanation, see "Reference Notes."																																	
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM									
PENN STATION	2:06	2:45	3:06	3:45	4:06	4:45	5:06	5:45	6:06	6:45	7:06	7:45	8:06	8:45	9:06	9:42	10:06	10:45	11:06	11:43	11:58												
GRAND CENTRAL	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....									
Woodside	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....									
Forest Hills	.....	3:00	.....	4:00	.....	5:00	.....	6:00	.....	7:00	.....	8:00	.....	9:00	.....	9:57	.....	.....	.....	.....	.....	.....	.....	.....									
Kew Gardens	.....	3:02	.....	4:02	.....	5:02	.....	6:02	.....	7:02	.....	8:02	.....	9:02	.....	9:59	.....	.....	.....	.....	.....	.....	.....	.....									
JAMAICA (Arrive)	2:26	3:06	3:26	4:06	4:26	5:06	5:26	6:06	6:26	7:06	7:26	8:06	8:26	9:06	9:26	10:03	10:26	11:06	11:26	12:04	12:18												
JAMAICA (Leave)	2:28	3:08	3:28	4:08	4:28	5:08	5:28	6:08	6:28	7:08	7:28	8:08	8:28	9:08	9:28	10:05	10:28	11:08	11:28	12:06	12:19												
Locust Manor	2:34	.....	3:34	.....	4:34	.....	5:34	.....	6:34	.....	7:34	.....	8:34	.....	9:34	.....	10:34	.....	11:34	.....	12:24												
Laurelton	2:36	.....	3:36	.....	4:36	.....	5:36	.....	6:36	.....	7:36	.....	8:36	.....	9:36	.....	10:36	.....	11:36	.....	12:26												
Rosedale	2:39	.....	3:39	.....	4:39	.....	5:39	.....	6:39	.....	7:39	.....	8:39	.....	9:39	.....	10:39	.....	11:39	.....	12:29												
Valley Stream (Note)	2:42	.....	3:42	.....	4:42	.....	5:42	.....	6:42	.....	7:42	.....	8:42	.....	9:42	.....	10:42	.....	11:42	.....	12:32												
LYNBROOK	B 2:45	A 3:21	B 3:45	A 4:21	B 4:45	A 5:21	B 5:45	A 6:21	B 6:45	A 7:21	B 7:45	A 8:21	B 8:45	A 9:21	B 9:45	A 10:18	B 10:45	A 11:21	B 11:45	A 12:20	B 12:35												
Centre Avenue	2:47	.....	3:47	.....	4:47	.....	5:47	.....	6:47	.....	7:47	.....	8:47	.....	9:47	.....	10:47	.....	11:47	.....	12:37												
East Rockaway	2:49	.....	3:49	.....	4:49	.....	5:49	.....	6:49	.....	7:49	.....	8:49	.....	9:49	.....	10:49	.....	11:49	.....	12:39												
Oceanside	2:51	.....	3:51	.....	4:51	.....	5:51	.....	6:51	.....	7:51	.....	8:51	.....	9:51	.....	10:51	.....	11:51	.....	12:41												
Island Park	2:55	.....	3:55	.....	4:55	.....	5:55	.....	6:55	.....	7:55	.....	8:55	.....	9:55	.....	10:55	.....	11:55	.....	12:45												
LONG BEACH	3:02	.....	4:02	.....	5:02	.....	6:02	.....	7:02	.....	8:02	.....	9:02	.....	10:02	.....	11:02	.....	12:02	.....	12:52												

Monday through Friday except Holidays, Effective March 3 - May 18, 2025

Eastbound

To Long Beach

Weekdays

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

Table with 27 columns showing train departure times for Eastbound service from Penn Station to Long Beach. Includes peak and off-peak times for various stations.

Table with 27 columns showing train arrival times for Eastbound service from Penn Station to Long Beach. Includes peak and off-peak times for various stations.

Monday through Friday except Holidays, Effective March 3 - May 18, 2025

Westbound

To Penn Station, Grand Central & Jamaica

Weekdays

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

Table with 27 columns showing train departure times for Westbound service from Long Beach to Penn Station. Includes peak and off-peak times for various stations.

Table with 27 columns showing train arrival times for Westbound service from Long Beach to Penn Station. Includes peak and off-peak times for various stations.

Long Island Rail Road

To Hunterspoint Avenue & Long Island City

Monday to Friday except Holidays

Leave Arrive

Table with 5 columns (Train #, Notes, Jamaica, HP Ave, LI City) showing departure times for service to Hunterspoint Avenue and Long Island City.

From Long Island City & Hunterspoint Avenue

Monday to Friday except Holidays

Leave Arrive

Afternoon and Evening Service

Table with 5 columns (Train #, Notes, LI City, HP Ave, Jamaica) showing departure times for service from Long Island City and Hunterspoint Avenue.

Reference Notes

Table with 2 columns (Symbol, Description) providing reference information for various train symbols and schedules.

Customer Service Center

Customer service information including contact details, hours, and a list of helpful phone numbers for various services.

Station Services: Connecting Transportation

Table with 5 columns (Station, Line, Service, Transfer, Notes) detailing connecting transportation options at various stations.

WATCH THE GAP