

# Ossining/Rockland

Channel Guide Lineup



## Key

- Broadcast Basic
- Optimum Value
- Optimum Premier
- HD High Definition
- Optimum Core
- Optimum Select

Networks	Ch.	Package
Cheeddar News (HD Only) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	1	● ● ● ● ●
CBS (WCBS) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	2	● ● ● ● ●
ION (WPXN) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	3	● ● ● ● ●
NBC (WNBC) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	4	● ● ● ● ●
FOX (WNYW) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	5	● ● ● ● ●
Univisión (WXTV) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	6/1004	● ● ● ● ●
ABC (WABC) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	7	● ● ● ● ●
PBS (NJTV) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	8	● ● ● ● ●
My9 (WWOR) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	9	● ● ● ● ●
Trinity Broadcasting Network <span style="border: 1px solid black; padding: 0 2px;">HD</span>	10	● ● ● ● ●
CW (WPIX) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	11	● ● ● ● ●
News 12 Hudson Valley <span style="border: 1px solid black; padding: 0 2px;">HD</span>	12	● ● ● ● ●
PBS/Thirteen (WNET) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	13	● ● ● ● ●
i24NEWS <span style="border: 1px solid black; padding: 0 2px;">HD</span>	14	● ● ● ● ●
Public Access	15	● ● ● ● ●
Telemundo (WNJU) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	16/1007	● ● ● ● ●
UniMÁS <span style="border: 1px solid black; padding: 0 2px;">HD</span>	17/1005	● ● ● ● ●
HSN <span style="border: 1px solid black; padding: 0 2px;">HD</span>	18/147	● ● ● ● ●
WRNN <span style="border: 1px solid black; padding: 0 2px;">HD</span>	19	● ● ● ● ●
WMBC <span style="border: 1px solid black; padding: 0 2px;">HD</span>	20	● ● ● ● ●
PBS (WLIW) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	21	● ● ● ● ●
NYC Life <span style="border: 1px solid black; padding: 0 2px;">HD</span>	22	● ● ● ● ●
MSNBC <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	23	● ● ● ● ●
CNBC <span style="border: 1px solid black; padding: 0 2px;">HD</span>	24	● ● ● ● ●
CNN <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	25	● ● ● ● ●
FOX News Channel <span style="border: 1px solid black; padding: 0 2px;">HD</span>	26	● ● ● ● ●
Discovery Channel <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	27	● ● ● ● ●
TLC <span style="border: 1px solid black; padding: 0 2px;">HD</span>	28	● ● ● ● ●
Food Network <span style="border: 1px solid black; padding: 0 2px;">HD</span>	29	● ● ● ● ●
HGTV <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	30	● ● ● ● ●
MeTV (WJLP) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	33	● ● ● ● ●
TV Land <span style="border: 1px solid black; padding: 0 2px;">HD</span>	34	● ● ● ● ●
TNT <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	37	● ● ● ● ●
USA Network <span style="border: 1px solid black; padding: 0 2px;">HD</span>	38	● ● ● ● ●
TBS <span style="border: 1px solid black; padding: 0 2px;">HD</span>	39	● ● ● ● ●
FX <span style="border: 1px solid black; padding: 0 2px;">HD</span>	40	● ● ● ● ●
Paramount Network <span style="border: 1px solid black; padding: 0 2px;">HD</span>	41	● ● ● ● ●
WE tv <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	42	● ● ● ● ●
AMC <span style="border: 1px solid black; padding: 0 2px;">HD</span>	43	● ● ● ● ●
Bravo <span style="border: 1px solid black; padding: 0 2px;">HD</span>	44	● ● ● ● ●
Lifetime <span style="border: 1px solid black; padding: 0 2px;">HD</span>	45	● ● ● ● ●
A&E <span style="border: 1px solid black; padding: 0 2px;">HD</span>	46	● ● ● ● ●
History <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	47	● ● ● ● ●
QVC <span style="border: 1px solid black; padding: 0 2px;">HD</span>	48	● ● ● ● ●
Freeform <span style="border: 1px solid black; padding: 0 2px;">HD</span>	49	● ● ● ● ●
Comedy Central <span style="border: 1px solid black; padding: 0 2px;">HD</span>	50	● ● ● ● ●
E! <span style="border: 1px solid black; padding: 0 2px;">HD</span>	51	● ● ● ● ●
VH1 <span style="border: 1px solid black; padding: 0 2px;">HD</span>	52	● ● ● ● ●
MTV <span style="border: 1px solid black; padding: 0 2px;">HD</span>	53	● ● ● ● ●
BET <span style="border: 1px solid black; padding: 0 2px;">HD</span>	54	● ● ● ● ●
MTV2 <span style="border: 1px solid black; padding: 0 2px;">HD</span>	55	● ● ● ● ●
Animal Planet <sup>2</sup>	57	● ● ● ● ●
truTV <span style="border: 1px solid black; padding: 0 2px;">HD</span>	58	● ● ● ● ●
HLN <sup>2</sup>	59	● ● ● ● ●
News 12+ <span style="border: 1px solid black; padding: 0 2px;">HD</span>	61	● ● ● ● ●
The Weather Channel <span style="border: 1px solid black; padding: 0 2px;">HD</span>	62	● ● ● ● ●
CHARGE!	64	● ● ● ● ●
New York 1 News (HD only) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	64	● ● ● ● ●
C-SPAN <sup>7</sup>	65	● ● ● ● ●

Turner Classic Movies <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	67	● ● ● ● ●
Government Access <sup>7</sup>	78	● ● ● ● ●
WLNY <span style="border: 1px solid black; padding: 0 2px;">HD</span>	79	● ● ● ● ●
Syfy	80	● ● ● ● ●
Oxygen <span style="border: 1px solid black; padding: 0 2px;">HD</span>	81	● ● ● ● ●
NewsNation <span style="border: 1px solid black; padding: 0 2px;">HD</span>	82	● ● ● ● ●
IFC <span style="border: 1px solid black; padding: 0 2px;">HD</span>	83	● ● ● ● ●
fuse <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	87	● ● ● ● ●
GSN	88	● ● ● ● ●
ShopHQ <sup>7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	89	● ● ● ● ●
HSN2 <sup>7</sup>	94	● ● ● ● ●
BUZZR	95	● ● ● ● ●
Travel Channel <span style="border: 1px solid black; padding: 0 2px;">HD</span>	96	● ● ● ● ●
Optimum Channel Guide	99	● ● ● ● ●
Digital Channel Guide <sup>7</sup>	100	● ● ● ● ●
BBC America <span style="border: 1px solid black; padding: 0 2px;">HD</span>	101	● ● ● ● ●
Newsmax <span style="border: 1px solid black; padding: 0 2px;">HD</span>	102	● ● ● ● ●
EuroNews <sup>2,7</sup>	103	● ● ● ● ●
BBC World News <sup>7</sup>	104	● ● ● ● ●
Bloomberg TV <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	105	● ● ● ● ●
FOX Business Network <span style="border: 1px solid black; padding: 0 2px;">HD</span>	106	● ● ● ● ●
C-SPAN 3 <sup>2</sup>	107	● ● ● ● ●
This TV	108	● ● ● ● ●
COZI TV <span style="border: 1px solid black; padding: 0 2px;">HD</span>	109	● ● ● ● ●
Localish (HD Only) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	110	● ● ● ● ●
Court TV	111	● ● ● ● ●
Start TV	112	● ● ● ● ●
MOVIES!	113	● ● ● ● ●
Antenna TV	114	● ● ● ● ●
C-SPAN 2 <sup>7</sup>	115	● ● ● ● ●
NYS Legislative TV <sup>7</sup>	116	● ● ● ● ●
Local Programming	118	● ● ● ● ●

KIDS		
Discovery Family Channel <sup>2,7</sup>	120	● ● ● ● ●
Nickelodeon <span style="border: 1px solid black; padding: 0 2px;">HD</span>	121	● ● ● ● ●
Nicktoons TV <sup>7</sup>	122	● ● ● ● ●
Nick Jr. <span style="border: 1px solid black; padding: 0 2px;">HD</span>	123	● ● ● ● ●
Teen Nick <sup>7</sup>	124	● ● ● ● ●
Disney Channel <span style="border: 1px solid black; padding: 0 2px;">HD</span>	31/125	● ● ● ● ●
Disney Junior <span style="border: 1px solid black; padding: 0 2px;">HD</span>	126	● ● ● ● ●
Disney XD <span style="border: 1px solid black; padding: 0 2px;">HD</span>	127	● ● ● ● ●
Cartoon Network <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	32/128	● ● ● ● ●
Boomerang <sup>2</sup>	129	● ● ● ● ●
Universal Kids <sup>7</sup>	130	● ● ● ● ●
PBS Kids Thirteen	131	● ● ● ● ●

Networks	Ch.	Package
PBS World (WLIW)	132	● ● ● ● ●
PBS Create (WLIW)	133	● ● ● ● ●
EWTN <sup>2,7</sup>	135	● ● ● ● ●
Daystar <sup>2,7</sup>	136	● ● ● ● ●
Catholic Faith Network <sup>2,7</sup>	137	● ● ● ● ●
Jewish Broadcasting Service <sup>2,7</sup>	138	● ● ● ● ●
Discovery Life <sup>7</sup>	141	● ● ● ● ●
NHK World (HD only) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	142	● ● ● ● ●
Get TV	143	● ● ● ● ●
DABL	145	● ● ● ● ●
LocalX	146	● ● ● ● ●
CHARGE!	148	● ● ● ● ●
Optimum Channel <span style="border: 1px solid black; padding: 0 2px;">HD</span>	149	● ● ● ● ●
MotorTrend (HD only) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	150	● ● ● ● ●

Rewind TV	151	● ● ● ● ●
Crime & Investigation Network (HD only) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	152	● ● ● ● ●
MTV Live (HD only) <span style="border: 1px solid black; padding: 0 2px;">HD</span>	153	● ● ● ● ●
Pop <span style="border: 1px solid black; padding: 0 2px;">HD</span>	154	● ● ● ● ●
The Cowboy Channel <sup>7</sup>	157	● ● ● ● ●
Nat Geo Wild <span style="border: 1px solid black; padding: 0 2px;">HD</span>	158	● ● ● ● ●
FX <span style="border: 1px solid black; padding: 0 2px;">HD</span>	159	● ● ● ● ●
FYI <span style="border: 1px solid black; padding: 0 2px;">HD</span>	160	● ● ● ● ●
Vice TV <span style="border: 1px solid black; padding: 0 2px;">HD</span>	161	● ● ● ● ●
Smithsonian Channel <span style="border: 1px solid black; padding: 0 2px;">HD</span>	163	● ● ● ● ●
Z Living <sup>7</sup>	164	● ● ● ● ●
Classic Arts Showcase <sup>7</sup>	165	● ● ● ● ●
Cooking Channel <span style="border: 1px solid black; padding: 0 2px;">HD</span>	166	● ● ● ● ●
Magnolia Network <span style="border: 1px solid black; padding: 0 2px;">HD</span>	167	● ● ● ● ●
Justice Central	168	● ● ● ● ●
Recipe.TV	169	● ● ● ● ●
Science Channel <span style="border: 1px solid black; padding: 0 2px;">HD</span>	170	● ● ● ● ●
Investigation Discovery <span style="border: 1px solid black; padding: 0 2px;">HD</span>	171	● ● ● ● ●
Destination America <span style="border: 1px solid black; padding: 0 2px;">HD</span>	172	● ● ● ● ●
American Heroes Channel	173	● ● ● ● ●
LMN <sup>1</sup>	174	● ● ● ● ●
UP <sup>1</sup>	175	● ● ● ● ●
ASPIRE <sup>2,7</sup>	176	● ● ● ● ●
ReelzChannel <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	177	● ● ● ● ●
TV One <sup>2,7</sup>	178	● ● ● ● ●
LOGO TV	179	● ● ● ● ●
OWN <sup>2</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	180	● ● ● ● ●
Jewelry Television <sup>7</sup>	182	● ● ● ● ●
QVC <sup>2</sup>	183	● ● ● ● ●
GAC Family <sup>7</sup>	184	● ● ● ● ●
BET Her <sup>7</sup>	185	● ● ● ● ●
MTV Classic <sup>7</sup>	186	● ● ● ● ●
CMT <span style="border: 1px solid black; padding: 0 2px;">HD</span>	187	● ● ● ● ●
Hallmark Drama <sup>7</sup>	189	● ● ● ● ●
FX Movie Channel <sup>7</sup>	190	● ● ● ● ●
Hallmark Channel <span style="border: 1px solid black; padding: 0 2px;">HD</span>	191	● ● ● ● ●
SundanceTV <span style="border: 1px solid black; padding: 0 2px;">HD</span>	192	● ● ● ● ●
Hallmark Movies & Mysteries <span style="border: 1px solid black; padding: 0 2px;">HD</span>	193	● ● ● ● ●
MTV Tr3s <sup>6,7</sup>	195/1073	● ● ● ● ●
NBC Universo <sup>6,7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	197/1074	● ● ● ● ●
Galavisión <span style="border: 1px solid black; padding: 0 2px;">HD</span>	198/1006	● ● ● ● ●

SPORTS		
YES Network <span style="border: 1px solid black; padding: 0 2px;">HD</span>	70/201	● ● ● ● ●
SportsNet New York <span style="border: 1px solid black; padding: 0 2px;">HD</span>	60/202	● ● ● ● ●
MSG <span style="border: 1px solid black; padding: 0 2px;">HD</span>	71/203	● ● ● ● ●
MSG Plus <span style="border: 1px solid black; padding: 0 2px;">HD</span>	72/204	● ● ● ● ●
Sports Overflow 1 <span style="border: 1px solid black; padding: 0 2px;">HD</span>	73/205	● ● ● ● ●
Sports Overflow 2 <span style="border: 1px solid black; padding: 0 2px;">HD</span>	206	● ● ● ● ●
ESPN <span style="border: 1px solid black; padding: 0 2px;">HD</span>	36/210	● ● ● ● ●
ESPN2 <span style="border: 1px solid black; padding: 0 2px;">HD</span>	35/211	● ● ● ● ●
FOX Sports 1 <span style="border: 1px solid black; padding: 0 2px;">HD</span>	83/213	● ● ● ● ●
FOX Sports 2 <sup>3,7</sup>	214	● ● ● ● ●
CBS Sports Network <sup>3,4</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	215	● ● ● ● ●
ESPNEWS <span style="border: 1px solid black; padding: 0 2px;">HD</span>	216	● ● ● ● ●
ESPNU <sup>3,4</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	217	● ● ● ● ●
NFL Network <sup>3</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	219	● ● ● ● ●
NFL RedZone <sup>3</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	220	● ● ● ● ●
NBA TV <sup>3</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	221/269	● ● ● ● ●
MLB Network <sup>3</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	222	● ● ● ● ●
NHL Network <sup>3</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	223/268	● ● ● ● ●
The Golf Channel <sup>3</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	224	● ● ● ● ●
Olympic Channel (HD only) <sup>3,7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	225	● ● ● ● ●
Tennis Channel (HD only) <sup>3</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	226	● ● ● ● ●
ESPN Deportes <sup>6,7</sup>	227/1066	● ● ● ● ●
FOX Deportes <sup>6,7</sup>	228/1067	● ● ● ● ●
TUDN <sup>6,7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	229/1065	● ● ● ● ●
beIN Sports en Español <sup>3,6,7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	230/1070	● ● ● ● ●
beIN Sports <sup>3</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	231	● ● ● ● ●
FOX Soccer Plus <sup>7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	232	● ● ● ● ●

GOL TV <sup>3,7</sup>	233	● ● ● ● ●
Game+ <sup>3,7</sup>	238	● ● ● ● ●
Willow <sup>3,6,7</sup>	239/1171	● ● ● ● ●
World Fishing Network <sup>3,7</sup>	241	● ● ● ● ●
Sportsman Channel <sup>3,7</sup>	242	● ● ● ● ●
MavTV Motorsport Network <sup>3,7</sup>	243	● ● ● ● ●
Fight Network <sup>3,7</sup>	244	● ● ● ● ●
TVG Network <sup>3,7</sup>	245	● ● ● ● ●
SEC <sup>4,7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	246	● ● ● ● ●
BTN <sup>3,4</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	247	● ● ● ● ●
ACC Network <sup>3,4,7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	248	● ● ● ● ●
Stadium College Sports Atlantic <sup>4,7</sup>	249	● ● ● ● ●
Stadium College Sports Centra <sup>4,7</sup>	250	● ● ● ● ●
Stadium College Sports Pacific <sup>4,7</sup>	251	● ● ● ● ●
MLB Extra Innings/ NHL Center Ice (HD Only) <sup>5,7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	254-267	● ● ● ● ●
NBA League Pass (HD Only) <sup>5,7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	270-279	● ● ● ● ●
MLS Direct Kick (HD Only) <sup>5,7</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	275-279	● ● ● ● ●

PREMIUMS		
HBO On Demand <sup>1,8</sup>	300	● ● ● ● ●
HBO <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	301	● ● ● ● ●
HBO2 <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	302	● ● ● ● ●
HBO Comedy <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	303	● ● ● ● ●
HBO Zone <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	304	● ● ● ● ●
HBO Latino <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	305	● ● ● ● ●
HBO West <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	306	● ● ● ● ●
HBO2 West <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	307	● ● ● ● ●
HBO Signature West <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	308	● ● ● ● ●
HBO Family West <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	309	● ● ● ● ●
HBO Signature <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	310	● ● ● ● ●
HBO Family <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	311	● ● ● ● ●
Showtime On Demand <sup>1,8</sup>	320	● ● ● ● ●
Showtime <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	321	● ● ● ● ●
Showtime 2 <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	322	● ● ● ● ●
SHOxBET <sup>1,7</sup>	323	● ● ● ● ●
Showtime Next <sup>1,7</sup>	324	● ● ● ● ●
Showtime Family Zone <sup>1,7</sup>	325	● ● ● ● ●
Showtime Women <sup>1,7</sup>	326	● ● ● ● ●
Showtime West <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	327	● ● ● ● ●
Showtime 2 West <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	328	● ● ● ● ●
Showtime Showcase West <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	329	● ● ● ● ●
Showtime Showcase <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	330	● ● ● ● ●
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Starz On Demand <sup>1,8</sup>	340	● ● ● ● ●
Starz <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	341	● ● ● ● ●
Starz Kids & Family <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	342	● ● ● ● ●
Starz Edge <sup>1</sup> <span style="border: 1px solid black; padding: 0 2px;">HD</span>	343	● ● ● ● ●
Starz in Black <sup>1,7</sup> </		

# Ossining/Rockland

Channel Guide Lineup

Effective April 4, 2022



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