

Rockland Channel Guide Lineup

Effective April 4, 2022



Key

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

Networks	Ch.	Package
Cheddar News (HD Only) HD	1	● ● ● ●
CBS (WCBS) HD	2	● ● ● ● ●
ION (WPXN) HD	3	● ● ● ● ●
NBC (WNBC) HD	4	● ● ● ● ●
FOX (WNYW) HD	5	● ● ● ● ●
Univisión (WXTV) HD	6/1004	● ● ● ● ●
ABC (WABC) HD	7	● ● ● ● ●
PBS (NJTV) HD	8	● ● ● ● ●
My9 (WWOR) HD	9	● ● ● ● ●
WLNY HD	10	● ● ● ● ●
CW (WPIX) HD	11	● ● ● ● ●
News 12 HD	12	● ● ● ● ●
PBS/Thirteen (WNET) HD	13	● ● ● ● ●
i24NEWS HD	14	● ● ● ● ●
ShopHQ ⁷	15	● ● ● ● ●
Telemundo (WNJU) HD	16/1007	● ● ● ● ●
UniMÁS HD	17/1005	● ● ● ● ●
HSN HD	18/147	● ● ● ● ●
WRNN HD	19	● ● ● ● ●
WMBC HD	20	● ● ● ● ●
PBS (WLIW) HD	21	● ● ● ● ●
NYC Life HD	22	● ● ● ● ●
MSNBC ² HD	23	● ● ● ●
CNBC HD	24	● ● ● ●
CNN ² HD	25	● ● ● ●
FOX News Channel HD	26	● ● ● ●
Discovery Channel ² HD	27	● ● ●
TLC HD	28	● ● ●
Food Network ² HD	29	● ● ● ●
HGTV ² HD	30	● ● ● ●
MeTV (WJLP) HD	33	● ● ● ● ●
TV Land HD	34	● ● ●
TNT ² HD	37	● ● ● ●
USA Network HD	38	● ● ● ●
TBS HD	39	● ● ● ●
FX HD	40	● ● ● ●
Paramount Network HD	41	● ● ● ●
WE tv ² HD	42	● ● ● ●
AMC HD	43	● ● ● ●
Bravo HD	44	● ● ● ●
Lifetime HD	45	● ● ● ●
A&E HD	46	● ● ●
History ² HD	47	● ● ● ●
Syfy HD	48	● ● ● ●
Freeform HD	49	● ● ● ●
Comedy Central HD	50	● ● ● ●
E! HD	51	● ● ● ●
VH1 HD	52	● ● ●
MTV HD	53	● ● ● ●
BET HD	54	● ● ● ●
MTV2 HD	55	● ● ● ●
fuse ² HD	56	● ● ●
Animal Planet ² HD	57	● ● ●
truTV HD	58	● ● ● ●
HLN ²	59	● ● ● ●
News 12+ HD	61	● ● ● ● ●
The Weather Channel HD	62	● ● ● ●
New York 1 News (HD only) HD	64	● ● ● ●

Turner Classic Movies ² HD	65	● ● ●
Religious Programming	69	● ● ● ●
C-SPAN ⁷	74	● ● ● ● ●
Public Access	76	● ● ● ● ●
Educational Access	77	● ● ● ● ●
QVC HD	79	● ● ● ● ●
Oxygen HD	81	● ● ● ●
NewsNation HD	82	● ● ●
IFC HD	83	● ● ● ●
GSN	88	● ● ●
HSN2 ⁷	94	● ● ● ● ●
BUZZR	95	● ● ● ● ●
Travel Channel HD	96	● ● ●
Optimum Channel Guide	99	● ● ● ● ●
Digital Channel Guide ⁷	100	● ● ● ● ●
BBC America HD	101	● ● ● ●
Newsmax HD	102	● ● ● ●
EuroNews ^{2,7}	103	● ● ● ●
BBC World News ⁷	104	● ● ● ●
Bloomberg TV ² HD	105	● ● ● ●
FOX Business Network HD	106	● ● ● ●
C-SPAN 3 ²	107	● ● ● ●
This TV	108	● ● ● ● ●
COZI TV HD	109	● ● ● ●
Localish (HD Only) HD	110	● ● ● ● ●
Court TV	111	● ● ● ● ●
Start TV	112	● ● ● ●
MOVIES!	113	● ● ● ● ●
Antenna TV	114	● ● ● ● ●
C-SPAN 2 ⁷	115	● ● ● ● ●
Local Programming/ Leased Access	118	● ● ● ● ●

KIDS

Discovery Family Channel ^{2,7}	120	● ● ● ●
Nickelodeon HD	121	● ● ● ●
Nicktoons TV ⁷	122	● ● ● ●
Nick Jr. HD	123	● ● ●
Teen Nick ⁷	124	● ● ● ●
Disney Channel HD	31/125	● ● ● ●
Disney Junior HD	126	● ● ● ●
Disney XD HD	127	● ● ● ●
Cartoon Network ² HD	32/128	● ● ● ●
Boomerang ²	129	● ● ●
Universal Kids ⁷	130	● ● ● ●
PBS Kids Thirteen	131	● ● ● ● ●

Networks	Ch.	Package
PBS World (WLIW)	132	● ● ● ● ●
PBS Create (WLIW)	133	● ● ● ● ●
Trinity Broadcasting Network	134	● ● ● ● ●
EWTN ^{2,7}	135	● ● ● ●
Daystar ^{2,7}	136	● ● ● ●
Catholic Faith Network ^{2,7}	137	● ● ● ●
Jewish Broadcasting Service ^{2,7}	138	● ● ● ●
Heroes & Icons	140	● ● ● ● ●
Discovery Life ⁷	141	● ● ● ●
NHK World (HD only) HD	142	● ● ● ●
Get TV	143	● ● ● ● ●
WLIW Arts	144	● ● ● ● ●
DABL	145	● ● ● ● ●
LocalX	146	● ● ● ● ●

CHARGE!	148	● ● ● ●
Optimum Channel HD	149	● ● ● ● ●
MotorTrend (HD only) HD	150	● ● ● ●
Rewind TV	151	● ● ● ● ●
Crime & Investigation Network (HD only) HD	152	● ● ● ●
MTV Live (HD only) HD	153	● ● ● ●
Pop HD	154	● ● ● ●
Cowboy Channel ⁷	157	● ● ● ●
Nat Geo Wild HD	158	● ● ● ●
FX HD	159	● ● ●
FYI HD	160	● ● ● ●
Vice TV HD	161	● ● ● ●
National Geographic ²		

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Networks	Ch.
5 StarMAX ^{1,7} HD	376
A&E HD	46
ABC (WABC) HD	7
ACC Network ^{3,4,7} HD	248
ActionMAX ^{1,7} HD	379
Adult Programming ^{1,8}	520-533
AMC HD	43
American Heroes Channel	173
Animal Planet ² HD	57
Anime Network On Demand ^{1,8}	507
Antena 3 ^{6,7}	1044
Antenna Satellite ^{1,6,7}	1122
Antenna TV	114
ART ^{1,7}	1135
ASPIRE ^{2,7}	176
Atres Series ^{6,7}	1092
Azteca America ^{6,7}	1047
BBC America HD	101
BBC World News ⁷	104
beIN Sports ³ HD	231
beIN Sports en Español ^{3,6,7} HD	230/1070
BET Her ⁷	185
BET HD	54
BFMTV ^{1,6,7}	1110
Bloomberg TV ² HD	105
Boomerang ²	129
Bravo HD	44
BTN ^{3,4} HD	247
BUZZR	95
C-SPAN 2 ⁷	115
C-SPAN 3 ²	107
C-SPAN ⁷	74
Caller ID ⁹	630
Canal America ^{6,7}	1014
Canal Sur ^{6,7}	1042
Caracol TV Internacional ^{6,7}	1034
CaribVision ^{1,6,7}	1104
Cartoon Network (SAP) ^{6,7}	1082
Cartoon Network ² HD	32/128
Catholic Faith Network ^{2,7}	137
CBS (WCBS) HD	2
CBS Sports Network ^{3,4} HD	215
CCTV-4 ^{1,6,7}	1150
CEEN ^{1,6,7}	1103
centroaméricatv ^{6,7}	1030
CHARGE!	148
Cheddar News (HD Only) HD	1
Cine Latino ^{6,7}	1058
Cine Mexicano ^{6,7}	1057
Cinemax On Demand ^{1,8}	370
Cinemax West ^{1,7} HD	378
Cinemax ^{1,7} HD	371
Cinémáx ^{1,7} HD	375
Classic Arts Showcase ⁷	165
CMT HD	187
CNBC HD	24
CNN en Español ^{6,7}	1012
CNN ² HD	25
Comedy Central HD	50
Cooking Channel HD	166
Court TV	111
Cowboy Channel ⁷	157
COZI TV HD	109

Crime & Investigation Network (HD only) HD	152
CTS America ^{1,6,7}	1156
Cuba Play ^{6,7}	1028
CW (WPIX) HD	11
DABL	145
Daystar ^{2,7}	136
Destination America HD	172
Digital Channel Guide ⁷	100
Discovery Channel ² HD	27
Discovery en Español ^{6,7}	1013
Discovery Familia ^{6,7}	1018
Discovery Family Channel ^{2,7}	120
Discovery Life ⁷	141
Disney Channel HD	31/125
Disney Junior HD	126
Disney XD (SAP) ^{6,7}	1084
Disney XD HD	127
Dominican View ^{6,7}	1025
DVR Playback	1000
DW Deutsch ^{1,7}	1112
E! HD	51
Ecuavisa Internacional ^{6,7}	1031
Educational Access	77
En Español On Demand ^{6,8}	1099
Eros Now On Demand ^{1,6,8}	1165
ESPN Deportes ^{6,7}	227/1066
ESPN HD	36/210
ESPN2 HD	35/211
ESPNEWS HD	216
ESPNU ^{3,4} HD	217
Estrella TV ⁷	1010
ET Global NY ^{1,6,7}	1149
EuroNews ^{2,7}	103
EWTN Español ^{6,7}	1097
EWTN ^{2,7}	135
Fight Network ^{3,7}	244
Flix ⁷	397
Food Network ² HD	29
FOROtv ^{6,7}	1022
FOX (WNYW) HD	5
FOX Business Network HD	106
FOX Deportes ^{6,7}	228/1067
FOX News Channel HD	26
FOX Soccer Plus ^{1,7} HD	232
FOX Sports 1 HD	68/213
FOX Sports 2 ^{3,7}	214
Free On Demand ⁸	502
Freeform HD	49
fuse ² HD	56
FX Movie Channel ⁷	190
FX HD	40
FXX HD	159
FYI HD	160
GAC Family ⁷	184
Galavisión HD	198/1006
Game+ ^{3,7}	238
Get TV	143
GMA Pinoy TV ^{1,6,7}	1162
Gol TV (Spanish) ^{6,7}	1068
GOL TV ^{3,7}	233
GSN	88
Hallmark Channel HD	191
Hallmark Drama ⁷	189
Hallmark Movies & Mysteries HD	193

HBO Comedy ¹ HD	303
HBO Family West ¹ HD	309
HBO Family ¹ HD	311
HBO Latino ¹ HD	305
HBO On Demand ^{1,8}	300
HBO Signature West ¹ HD	308
HBO Signature ¹ HD	310
HBO West ¹ HD	306
HBO Zone ¹ HD	304
HBO2 West ¹ HD	307
HBO ¹ HD	301
HBO2 ¹ HD	302
here! On Demand ^{1,8}	509
Heroes & Icons	140
HGTV ² HD	30
History en Español ^{6,7}	1017
History ² HD	47
HITN ^{6,7}	1011
HLN ²	59
HOLA TV ^{6,7}	1081
HSN HD	18/147
HSN2 ⁷	94
i24NEWS (in French) ^{1,6,7}	1108
i24NEWS HD	14
IFC HD	83
INTI Network ^{6,7}	1094
Investigation Discovery HD	171
ION (WPXN) HD	3
ITV Gold ^{1,6,7}	1168
iTVN ^{1,6,7}	1115
iTVN ^{1,6,7}	1116
Jewelry Television ⁷	182
Jewish Broadcasting Service ^{2,7}	138
Jus Punjabi ^{1,7}	1164
Justice Central	168
KBS World ^{1,6,7}	1155
Kids Street SAP ^{6,7}	1049
Lifetime HD	45
LMN ¹	174
Local Programming/Leased Access	118
Localish (HD Only) HD	110
LocalX	146
LOGO TV	179
Magnolia Network HD	167
MAS CHIC ^{6,7}	1093
MavTV Motorsport Network ^{3,7}	243
MBC ^{1,6,7}	1153
Mediaset Italia ^{1,6,7}	1195
MeTV (WJLP) HD	33
MGM (HD only) HD	395
MLB Extra Innings/ NHL Center Ice (HD Only) ^{5,7} HD	254-267
MLB Network ³ HD	222
MLS Direct Kick (HD Only) ^{5,7} HD	275-279
MoreMAX ^{1,7} HD	372
MotorTrend (HD only) HD	150
MovieMAX ^{1,7} HD	374
MOVIES!	113
MSG Plus HD	72/204
MSG HD	71/203
MSNBC ² HD	23
MTV Classic ⁷	186
MTV Live (HD only) HD	153
MTV Tr3s ^{6,7}	195/1073
MTV HD	53
MTV2 HD	55
Multi-Room DVR Playback ⁹	1001
My9 (WWOR) HD	9
Nat Geo Mundo ^{6,7}	1016
Nat Geo Wild HD	158
National Geographic ² HD	162
NBA League Pass (HD Only) ^{5,7} HD	270-279

NBA TV ³ HD	221/269
NBC (WNBC) HD	4
NBC Universo ^{6,7} HD	197/1074
Netflix ^{8,10}	600
New York 1 News (HD only) HD	64
News 12 Interactive ^{8,10}	612
News 12+ HD	61
News 12 HD	12
Newsmax HD	102
NewsNation HD	82
NFL Network ³ HD	219
NFL RedZone ³ HD	220
NHK World (HD only) HD	142
NHL Network ³ HD	223/268
Nick Jr. HD	123
Nickelodeon HD	121
Nicktoons TV ⁷	122
Noire Africa ^{1,6,7}	1100
NTD TV ^{1,7}	1151
NTN24 ^{6,7}	1021
Nuestra Tele ^{6,7}	1033
NYC Life HD	22
Olympic Channel (HD only) ^{3,7} HD	225
On Demand ^{1,8}	500
Optimum Channel Guide	99
Optimum Channel HD	149
OuterMAX ^{1,7} HD	377
OWN ² HD	180
Oxygen HD	81
Paramount Network HD	41
Pasiones ^{6,7}	1090
Pay Per View ¹	550-553
PBS (NJTV) HD	8
PBS (WLIW) HD	21
PBS Create (WLIW)	133
PBS Kids Thirteen	131
PBS World (WLIW)	132
PBS/Thirteen (WNET) HD	13
Phoenix InfoNews ^{1,6,7}	1147
Phoenix North America Chinese Channel ^{1,6,7}	1146
Pop HD	154
Public Access	76
QVC HD	79
QVC ^{2,7}	183
RAI Italia ^{1,6,7}	1194
RCN Novelas ^{6,7}	1085
Recipe.TV	169
ReelzChannel ² HD	177
Religious Programming	69
Rewind TV	151
RTN ^{1,6,7}	1183
RTP ^{1,6,7}	1127
RTV ^{1,6,7}	1182
Science Channel HD	170
SEC ^{4,7} HD	246
SET ^{1,6,7}	1173
Shanson TV ^{1,6,7}	1188
ShopHQ ⁷	15
ShopHQ ⁷ HD	181
Showtime 2 West ¹ HD	328
Showtime 2 ¹ HD	322
Showtime Extreme ¹ HD	331
Showtime Family Zone ^{1,7}	325
Showtime Next ^{1,7}	324
Showtime On Demand ^{1,8}	320
Showtime Showcase West ¹ HD	329
Showtime Showcase ¹ HD	330
Showtime West ¹ HD	327
Showtime Women ^{1,7}	326
Showtime ¹ HD	321
SHOBET ^{1,7}	323

Smithsonian Channel HD	163
Sony Movie Channel HD	396
Sports Overflow 1 HD	73/205
Sports Overflow 2 HD	206
Sportsman Channel ^{3,7}	242
SportsNet New York HD	60/202
SPT ^{1,6,7}	1128
Stadium College Sports Atlantic ^{4,7}	249
Stadium College Sports Central ^{4,7}	250
Stadium College Sports Pacific ^{4,7}	251
Start TV	112
Starz Cinema ^{1,7}	347
Starz Comedy ^{1,7} HD	346
Starz Edge ¹ HD	343
Starz Encore Action ^{1,7}	358
Starz Encore Black ^{1,7}	355
Starz Encore Classic ^{1,7}	354
Starz Encore Espanol ^{1,6,7}	359/1056
Starz Encore Family ^{1,7}	356
Starz Encore On Demand ^{1,8}	350
Starz Encore Suspense ^{1,7}	352
Starz Encore West ^{1,7}	357
Starz Encore Westerns ^{1,7}	353
Starz Encore ¹ HD	351
Starz in Black ^{1,7}	344
Starz Kids & Family ¹ HD	342
Starz On Demand ^{1,8}	340
Starz West ¹ HD	345
Starz ¹ HD	341
Stingray Music ⁷	850-899
SundanceTV HD	192
Supercanal Caribe ^{6,7}	1023
SUR Perú ^{6,7}	1039
Syfy HD	48
Tarima ^{6,7}	1019
TBS HD	39
Teen Nick ⁷	124
Teleformula ^{6,7}	1041
Telemicro Internacional ^{6,7}	1024
Telemundo (WNJU) HD	16/1007
Televisión Dominicana ^{6,7}	1029
TeleXitos ⁷	1048
Tempo ^{1,6,7}	1105
Tennis Channel (HD only) ³ HD	226
The Chinese Channel ^{1,6,7}	1148
The Filipino Channel ^{1,6,7}	1161
The Golf Channel ³ HD	224
The Israeli Network ^{1,7}	1118
The Korean Channel-TKC ^{1,6,7}	1154
The Weather Channel HD	62
This TV	108
ThrillerMAX ^{1,7} HD	373
TLC HD	28
TMC On Demand ^{1,8}	390
TMC West ^{1,7} HD	392
TMC Xtra West ^{1,7} HD	394
TMC Xtra ^{1,7} HD	393
TMC ¹ HD	391
TNT ² HD	37
Travel Channel HD	96
Trinity Broadcasting Network	134
truTV HD	58
TUDN ^{6,7} HD	229/1065
Turner Classic Movies ² HD	65
TV Asia ^{1,6,7}	1167
TV Chile ^{6,7}	1032
TV Globo ^{1,6,7}	1129
TV Japan ^{6,7}	1157
TV Land HD	34
TV One ^{2,7}	178
TV Quisqueya ^{6,7}	1096
TV Record ^{1,6,7}	1130

TV5MONDE ^{1,6,7}	1109
TVÉ Internacional ^{6,7}	1043
TVG Network ^{3,7}	245
TVN24 ^{1,6,7}	1117
UniMÁS HD	17/1005
Universal Kids ⁷	130
Univisión (WXTV) HD	6/1004
Univisión tNovelas ^{6,7}	1091
UP ¹	175
USA Network HD	38
Ve Plus ^{6,7}	1020
VH1 HD	52
Vice TV HD	161
Videorola ^{6,7}	1086
ViendoMovies ^{6,7}	1059
WAPA America ^{6,7}	1026
WE tv ² HD	42
Willow ^{3,6,7}	239/1171
WLIW Arts	144
WLNY HD	10
WMBC HD	20
World Fishing Network ^{3,7}	241
WRNN HD	19
YES Network HD	70/201
You Tube ^{8,10}	603
Z Living ⁷	164
Zee TV ^{1,6,7}	1169

A cable box or CableCARD is needed to receive TV service. Customers with QAM tuners may access certain channels in Broadcast Basic and will receive some channels on non-standard channel positions. Interactive and enhanced TV services (chs. 600–660), and On Demand are not available to CableCARD customers. HD programming requires an HDTV with a cable box or CableCARD. CableCARDS do not automatically get HD channels on standard channel positions. Visit optimum.net/lineups for channel positions. Programming subject to change or discontinuance. Channel availability depends on level of service and equipment. Channel positions subject to change.

Customers receiving service through their apartment or housing complex may still have the retired Optimum Silver package. This package includes all channels in Optimum Select, as well as MGM, Sony Movie Channel, Lifetime Movie Network, and the HBO, Showtime, and Starz suites of channels. Commercial Bulk customers with Optimum Preferred receive the same content that is included in Optimum Select.

¹ Priced individually. Visit optimum.net/pricing

² Also available as part of Optimum Economy

³ Available as part of the Optimum Sports Pack

⁴ Available as part of the Optimum College Sports Pack

⁵ A Samsung cable box or Altice One box is needed to view these channels.

⁶ Available as part of an Optimum International Package. Certain channels available as individual selections. Visit optimum.net/pricing

⁷ Select digital cable-ready devices may require a compatible Tuning Adapter (with a CableCARD) to view. Separately, channels are not available to view on a DTA.

⁸ Altice One: To find these channels/categories, press the home button on your remote and scroll to make your selection. Channel Apps may require a separate subscription.

⁹ Not available on Altice One.

¹⁰ Only available on Altice One.

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