

Enjoy movies, TV shows, music videos, and more whenever you want with On Demand. Your guide makes it easier than ever to find and enjoy On Demand on your schedule, when you are ready to watch TV. You can access On Demand programs by:

- Selecting the ON DEMAND button on the remote control
- Entering an On Demand channel number on your remote control
- Choosing an On Demand channel from the Time Grid

2 Day Rentals	Disney Channel	Havoc Sports	SEC Network
3 Day Movies	Disney Family Movies	IFC	Showtime
ABC	Disney XD	Illusion	Spike
ABC Family	DIY Network	Investigation Discovery	Sprout
Adult On Demand	Disney Junior	Kids and Family	Starz!
AMC	E!	Logo	Syfy
Ambient	Encore	Max	TV Land
American Heroes	ESPN	Movies On Demand	TeenNick
Animal Planet	ESPN Classic	MLB Network	Telemundo
BBC America	ESPN Deportes	MSNBC	TLC
BET	ESPNU	MTV	TMC
Bravo	Esquire	MTV2	Travel Channel
CBS	Events On Demand	Music	USA Network
CMT	FOX	NBC	UniMas
Comedy Central	Fusion	NBC Sports	Univision
Cooking Channel	Food Network	Nick Jr.	Velocity
Destination America	Galavision	Nickelodeon	VH1
Discovery	Golf Channel	OWN	VH1 Classic
Discovery Family	HBO	Oxygen	WETV
Discovery Life	HGTV	Science	

Watch On Demand Programs

Use your remote control to pause, fast-forward, rewind, and stop the program. You may also use the DVR control buttons on your remote. Use the PAGE UP and PAGE DOWN buttons to advance forward or backward (5) minutes. Times may vary.