

The Family and Sports Plan Channel Guide

STATION	CHANNEL	LANGUAGE	HD/SD
ABC Detroit	18 & 153	English	HD
ABC Seattle (KOMO)	155	English	HD
AMI-audio	195	English	SD
AMI-télé	652	French	SD
AMItv	900	English	SD
AMItv W	901	English	SD
APTN	70 & 295	International	HD
APTN Languages	73	International	HD
Canal Vie	618	French	SD
CBC Montreal	125	English	HD
CBC Ottawa	124	English	HD
CBC Ottawa Français	602	French	HD
CBC Toronto	6 & 127	English	HD
CBC Windsor	126	English	HD
CBS Detroit	16 & 145	English	HD
CBS Seattle (KIRO)	147	English	HD
CHCH	11 & 121	English	HD
Citytv Montreal	143	English	HD
Citytv Toronto	7 & 133	English	HD
CP24	24 & 192	English	HD
CPAC English	104 & 198	English	SD
CPAC French	614	French	SD
CTV Kingston	107	English	HD

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CTV Kitchener/London	109	English	HD
CTV Montreal	113	English	HD
CTV North Bay	115	English	SD
CTV Ottawa	106	English	HD
CTV Sudbury	114	English	SD
CTV Toronto	8 & 108	English	HD
CTV Two London	123	English	HD
CTV Two Ottawa	137	English	HD
CTV Two Toronto	20 & 136	English	HD
CTV Two Windsor	122	English	SD
Discovery	219	English	HD
Food Network	254	English	HD
Fox Rochester (WUHF)	28 & 157	English	HD
Fox Seattle (KCPO)	159	English	HD
Global BC	119	English	HD
Global Durham	129	English	SD
Global Peterborough	130	English	SD
Global Toronto	3 & 116	English	HD
HGTV	253	English	HD
ICI Radio-Canada Télé Montreal	613	French	HD
ICI RDI	612	French	HD
Investigation Discovery (ID)	286	English	HD

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STATION	CHANNEL	LANGUAGE	HD/SD
Le Canal Nouvelles TVA (LCN)	624	French	SD
Magnolia Network	89 & 261	English	HD
MAX	657	French	HD
MétéoMédia	636	French	SD
NBC Detroit	17 & 149	English	HD
NBC Seattle (KING)	151	English	HD
Noovo Montreal	605	French	SD
OMNI.1	4 & 169	English	SD
OMNI.2	14 & 171	English	SD
PBS Buffalo (WNED)	61 & 161	English	HD
Prise 2	641	French	SD
QUB	639	French	HD
RDS	413	French	HD
RDS2	414	French	HD
RDS Info	607	French	HD
Sportsnet 360	411	English	HD
Sportsnet East	403	English	HD
Sportsnet ONE	394	English	HD
Sportsnet Ontario	402	English	HD
Sportsnet Pacific	405	English	HD
Sportsnet West	404	English	HD
Télé-Québec Montreal	603	French	SD
TFO	13 & 608	French	HD

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STATION	CHANNEL	LANGUAGE	HD/SD
The Weather Network	23 & 91	English	HD
Treehouse	65 & 221	English	SD
TSN	406	English	HD
TSN2	407	English	HD
TSN3	408	English	HD
TSN4	409	English	HD
TSN5	410	English	HD
TV5	103 & 650	French	SD
TVA Gatineau-Ottawa	609	French	HD
TVA Montreal	101 & 610	French	SD
TVA Sports	415	French	HD
TVA Sports 2	416	French	HD
TVO	2 & 141	English	HD
YesTV	9 & 238	English	HD
Z	628	French	SD