US HARBORS www.USHarbors.com

Boynton Beach, Lake Worth, FL - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:41	2.8	7:44	2.6	1:47	-0.5	2:21	0.1	7:08	5:39	
2	Fri	8:36	2.9	8:41	2.7	2:43	-0.6	3:16	0.0	7:08	5:39	
3	Sat	9:28	2.9	9:35	2.7	3:37	-0.7	4:09	-0.1	7:09	5:40	
4	Sun	10:17	2.9	10:27	2.7	4:30	-0.7	5:01	-0.2	7:09	5:41	
5	Mon	11:04	2.9	11:18	2.7	5:21	-0.6	5:52	-0.2	7:09	5:42	
6	Tue	11:49	2.8			6:12	-0.5	6:43	-0.2	7:09	5:42	
7	Wed	12:09	2.6	12:34	2.6	7:02	-0.3	7:33	-0.2	7:09	5:43	
8	Thu	12:59	2.4	1:18	2.4	7:53	-0.1	8:24	-0.1	7:09	5:44	
9	Fri	1:49	2.3	2:02	2.3	8:46	0.2	9:16	0.0	7:09	5:44	
10	Sat	2:42	2.2	2:48	2.1	9:40	0.3	10:08	0.0	7:09	5:45	
11	Sun	3:36	2.1	3:38	2.0	10:36	0.5	11:02	0.1	7:09	5:46	
12	Mon	4:34	2.0	4:31	1.9	11:33	0.5	11:55	0.1	7:09	5:47	
13	Tue	5:31	2.0	5:27	1.9			12:27	0.5	7:09	5:48	
14	Wed	6:26	2.0	6:22	1.9	12:46	0.0	1:17	0.5	7:09	5:48	
15	Thu	7:17	2.1	7:13	2.0	1:34	0.0	2:05	0.4	7:09	5:49	
16	Fri	8:02	2.2	8:01	2.1	2:19	-0.1	2:48	0.3	7:09	5:50	
17	Sat	8:45	2.3	8:45	2.1	3:01	-0.2	3:29	0.2	7:09	5:51	
18	Sun	9:25	2.4	9:28	2.2	3:40	-0.3	4:08	0.1	7:09	5:51	
19	Mon	10:04	2.4	10:10	2.3	4:19	-0.3	4:46	0.0	7:09	5:52	
20	Tue	10:42	2.5	10:52	2.3	4:57	-0.3	5:23	-0.1	7:09	5:53	
21	Wed	11:19	2.4	11:35	2.3	5:35	-0.3	6:02	-0.1	7:08	5:54	
22	Thu	11:57	2.4			6:16	-0.2	6:42	-0.2	7:08	5:55	
23	Fri	12:20	2.3	12:36	2.3	7:01	-0.1	7:27	-0.3	7:08	5:55	
24	Sat	1:09	2.3	1:19	2.2	7:50	0.0	8:18	-0.3	7:08	5:56	
25	Sun	2:03	2.3	2:07	2.2	8:46	0.1	9:15	-0.3	7:07	5:57	
26	Mon	3:03	2.2	3:05	2.1	9:49	0.2	10:20	-0.3	7:07	5:58	
27	Tue	4:11	2.2	4:12	2.1	10:57	0.3	11:27	-0.4	7:07	5:58	
28	Wed	5:22	2.2	5:24	2.1			12:06	0.2	7:06	5:59	
29	Thu	6:29	2.3	6:33	2.2	12:34	-0.5	1:10	0.1	7:06	6:00	
30	Fri	7:30	2.5	7:36	2.4	1:36	-0.6	2:10	0.0	7:05	6:01	
31	Sat	8:23	2.6	8:32	2.5	2:33	-0.7	3:05	-0.2	7:05	6:02	