

































Lake Worth Pier (Ocean), FL - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:53	3.4	5:58	2.8			12:08	0.1	7:08	5:39	
2	Fri	6:48	3.5	6:55	2.9	12:10	-0.6	1:03	0.0	7:08	5:39	
3	Sat	7:41	3.6	7:50	3.0	1:06	-0.6	1:54	-0.1	7:09	5:40	
4	Sun	8:32	3.5	8:43	3.0	1:59	-0.6	2:44	-0.2	7:09	5:41	
5	Mon	9:21	3.4	9:36	2.9	2:51	-0.5	3:33	-0.2	7:09	5:41	
6	Tue	10:08	3.2	10:28	2.9	3:42	-0.4	4:21	-0.1	7:09	5:42	
7	Wed	10:54	3.0	11:21	2.8	4:35	-0.1	5:11	0.0	7:09	5:43	
8	Thu	11:39	2.8			5:29	0.1	6:00	0.0	7:09	5:44	
9	Fri	12:14	2.7	12:25	2.5	6:25	0.3	6:50	0.1	7:09	5:44	
10	Sat	1:09	2.6	1:13	2.3	7:22	0.5	7:40	0.2	7:09	5:45	
11	Sun	2:07	2.5	2:05	2.2	8:19	0.6	8:29	0.2	7:09	5:46	
12	Mon	3:06	2.5	3:01	2.1	9:16	0.7	9:20	0.2	7:10	5:47	
13	Tue	4:02	2.5	3:57	2.1	10:12	0.7	10:11	0.2	7:09	5:47	
14	Wed	4:53	2.6	4:50	2.1	11:05	0.6	11:01	0.1	7:09	5:48	
15	Thu	5:40	2.7	5:38	2.2	11:53	0.5	11:47	0.0	7:09	5:49	
16	Fri	6:23	2.8	6:22	2.2			12:36	0.4	7:09	5:50	
17	Sat	7:03	2.8	7:04	2.3	12:31	-0.1	1:15	0.3	7:09	5:50	
18	Sun	7:42	2.9	7:44	2.4	1:11	-0.1	1:52	0.2	7:09	5:51	
19	Mon	8:19	2.9	8:25	2.5	1:50	-0.2	2:27	0.1	7:09	5:52	
20	Tue	8:56	2.9	9:06	2.5	2:28	-0.2	3:03	0.0	7:09	5:53	
21	Wed	9:33	2.9	9:49	2.6	3:08	-0.2	3:40	0.0	7:08	5:54	
22	Thu	10:10	2.8	10:34	2.7	3:51	-0.1	4:20	-0.1	7:08	5:54	
23	Fri	10:50	2.7	11:23	2.7	4:39	0.0	5:04	-0.2	7:08	5:55	
24	Sat	11:34	2.6			5:32	0.1	5:54	-0.2	7:08	5:56	
25	Sun	12:18	2.7	12:24	2.5	6:31	0.3	6:48	-0.2	7:07	5:57	
26	Mon	1:19	2.7	1:23	2.3	7:36	0.3	7:48	-0.3	7:07	5:58	
27	Tue	2:27	2.8	2:30	2.3	8:43	0.4	8:52	-0.3	7:07	5:58	
28	Wed	3:37	2.8	3:41	2.3	9:51	0.3	9:57	-0.4	7:06	5:59	
29	Thu	4:43	3.0	4:49	2.4	10:57	0.2	11:02	-0.5	7:06	6:00	
30	Fri	5:43	3.1	5:50	2.6	11:56	0.0			7:05	6:01	
31	Sat	6:37	3.2	6:46	2.7	12:02	-0.6	12:50	-0.2	7:05	6:01	