

































## Rockland, ME - Dec 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:53	10.6	7:24	10.0	12:37	0.4	1:15	0.2	6:51	3:59	
2	Tue	7:47	11.3	8:24	10.3	1:30	0.2	2:12	-0.6	6:52	3:59	
3	Wed	8:39	11.9	9:21	10.5	2:24	0.1	3:08	-1.2	6:53	3:58	
4	Thu	9:32	12.3	10:17	10.6	3:17	-0.1	4:02	-1.7	6:55	3:58	
5	Fri	10:25	12.6	11:12	10.7	4:10	-0.2	4:56	-1.9	6:56	3:58	
6	Sat	11:18	12.6			5:03	-0.1	5:50	-1.9	6:57	3:58	
7	Sun	12:07	10.6	12:13	12.4	5:57	0.0	6:44	-1.7	6:58	3:58	
8	Mon	1:02	10.5	1:09	12.0	6:53	0.2	7:39	-1.3	6:58	3:58	
9	Tue	1:59	10.3	2:07	11.5	7:50	0.5	8:34	-0.8	6:59	3:57	
10	Wed	2:57	10.1	3:07	10.9	8:50	0.8	9:31	-0.3	7:00	3:58	
11	Thu	3:55	9.9	4:08	10.3	9:52	1.1	10:27	0.2	7:01	3:58	
12	Fri	4:52	9.8	5:10	9.7	10:55	1.2	11:23	0.6	7:02	3:58	
13	Sat	5:48	9.8	6:10	9.4	11:57	1.2			7:03	3:58	
14	Sun	6:41	9.9	7:08	9.1	12:17	1.0	12:55	1.1	7:04	3:58	
15	Mon	7:31	10.0	8:01	9.0	1:08	1.3	1:48	1.0	7:04	3:58	
16	Tue	8:17	10.0	8:51	8.9	1:56	1.5	2:37	0.8	7:05	3:59	
17	Wed	9:00	10.1	9:37	8.9	2:41	1.6	3:22	0.6	7:06	3:59	
18	Thu	9:41	10.2	10:20	8.9	3:23	1.7	4:03	0.5	7:06	3:59	
19	Fri	10:19	10.2	10:59	8.9	4:03	1.7	4:43	0.4	7:07	4:00	
20	Sat	10:53	10.2	11:37	8.9	4:40	1.8	5:20	0.4	7:07	4:00	
21	Sun	11:27	10.2			5:17	1.8	5:57	0.4	7:08	4:01	
22	Mon	12:11	8.9	12:01	10.2	5:54	1.8	6:34	0.3	7:08	4:01	
23	Tue	12:45	8.9	12:38	10.2	6:33	1.7	7:12	0.3	7:09	4:02	
24	Wed	1:21	9.0	1:18	10.2	7:15	1.7	7:52	0.3	7:09	4:02	
25	Thu	2:01	9.2	2:03	10.1	8:00	1.6	8:35	0.4	7:10	4:03	
26	Fri	2:45	9.4	2:53	9.9	8:51	1.5	9:21	0.4	7:10	4:04	
27	Sat	3:34	9.7	3:48	9.8	9:46	1.2	10:11	0.5	7:10	4:04	
28	Sun	4:26	10.0	4:49	9.6	10:46	0.9	11:06	0.6	7:10	4:05	
29	Mon	5:23	10.4	5:54	9.6	11:48	0.5			7:11	4:06	
30	Tue	6:21	10.9	7:02	9.6	12:03	0.6	12:51	0.0	7:11	4:07	
31	Wed	7:21	11.4	8:07	9.8	1:02	0.6	1:53	-0.6	7:11	4:07	