
































Atlantic Highlands, NJ - Dec 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:41	5.2	4:07	4.7	10:20	0.2	10:25	-0.3	7:00	4:30	
2	Tue	4:39	5.7	5:07	4.8	11:16	-0.2	11:16	-0.5	7:01	4:30	
3	Wed	5:33	6.0	6:02	4.9			12:11	-0.5	7:02	4:29	
4	Thu	6:25	6.2	6:55	5.0	12:09	-0.6	1:06	-0.7	7:03	4:29	
5	Fri	7:16	6.3	7:49	4.9	1:03	-0.6	2:00	-0.8	7:04	4:29	
6	Sat	8:07	6.1	8:44	4.8	1:57	-0.6	2:52	-0.7	7:05	4:29	
7	Sun	9:01	5.9	9:42	4.7	2:50	-0.4	3:43	-0.6	7:06	4:29	
8	Mon	9:58	5.5	10:41	4.6	3:42	-0.2	4:33	-0.4	7:06	4:29	
9	Tue	10:56	5.2	11:40	4.5	4:34	0.1	5:25	-0.1	7:07	4:29	
10	Wed	11:52	4.8			5:31	0.5	6:21	0.1	7:08	4:29	
11	Thu	12:36	4.4	12:46	4.5	6:34	0.7	7:18	0.3	7:09	4:29	
12	Fri	1:27	4.4	1:37	4.2	7:41	0.9	8:12	0.4	7:10	4:29	
13	Sat	2:18	4.5	2:28	4.0	8:43	0.8	9:02	0.4	7:10	4:30	
14	Sun	3:08	4.5	3:23	3.9	9:38	0.7	9:47	0.4	7:11	4:30	
15	Mon	3:59	4.6	4:18	3.8	10:27	0.6	10:29	0.4	7:12	4:30	
16	Tue	4:47	4.8	5:08	3.8	11:12	0.4	11:10	0.4	7:12	4:30	
17	Wed	5:31	4.9	5:54	3.9	11:56	0.2	11:51	0.3	7:13	4:31	
18	Thu	6:12	5.0	6:35	4.0			12:40	0.1	7:14	4:31	
19	Fri	6:50	5.1	7:15	4.0	12:33	0.3	1:23	0.0	7:14	4:32	
20	Sat	7:26	5.1	7:54	3.9	1:15	0.3	2:05	-0.1	7:15	4:32	
21	Sun	8:02	5.0	8:32	3.9	1:57	0.3	2:44	-0.1	7:15	4:33	
22	Mon	8:38	5.0	9:11	3.9	2:36	0.4	3:22	-0.1	7:16	4:33	
23	Tue	9:16	4.9	9:53	3.9	3:13	0.4	3:58	-0.1	7:16	4:34	
24	Wed	9:57	4.7	10:39	3.9	3:50	0.5	4:35	0.0	7:17	4:34	
25	Thu	10:45	4.6	11:29	4.1	4:32	0.5	5:14	0.0	7:17	4:35	
26	Fri	11:38	4.5			5:22	0.6	6:01	0.0	7:17	4:35	
27	Sat	12:20	4.3	12:33	4.3	6:29	0.7	6:57	0.0	7:18	4:36	
28	Sun	1:13	4.6	1:31	4.2	7:46	0.6	7:58	0.0	7:18	4:37	
29	Mon	2:09	4.8	2:33	4.1	8:57	0.4	8:59	-0.2	7:18	4:38	
30	Tue	3:10	5.1	3:41	4.1	10:01	0.1	9:59	-0.3	7:18	4:38	
31	Wed	4:15	5.3	4:48	4.2	11:01	-0.3	10:56	-0.5	7:19	4:39	