


































Seven Island, Newmans Thorofare, NJ - Dec 2025

| Date | | High | | | | Low | | | |  |  | |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 4:23 | 3.8 | 4:49 | 3.4 | 10:58 | 0.1 | 11:03 | -0.2 | 6:58 | 4:34 |  |
| 2 | Tue | 5:21 | 4.1 | 5:49 | 3.5 | 11:54 | -0.1 | 11:54 | -0.4 | 6:59 | 4:33 |  |
| 3 | Wed | 6:15 | 4.3 | 6:44 | 3.5 | | | 12:49 | -0.3 | 7:00 | 4:33 |  |
| 4 | Thu | 7:07 | 4.5 | 7:37 | 3.6 | 12:47 | -0.4 | 1:44 | -0.5 | 7:01 | 4:33 |  |
| 5 | Fri | 7:58 | 4.5 | 8:31 | 3.6 | 1:41 | -0.5 | 2:38 | -0.5 | 7:02 | 4:33 |  |
| 6 | Sat | 8:49 | 4.4 | 9:26 | 3.5 | 2:35 | -0.4 | 3:30 | -0.5 | 7:03 | 4:33 |  |
| 7 | Sun | 9:43 | 4.2 | 10:24 | 3.4 | 3:28 | -0.3 | 4:21 | -0.4 | 7:04 | 4:33 |  |
| 8 | Mon | 10:40 | 4.0 | 11:23 | 3.3 | 4:20 | -0.1 | 5:11 | -0.3 | 7:05 | 4:33 |  |
| 9 | Tue | 11:38 | 3.7 | | | 5:12 | 0.1 | 6:03 | -0.1 | 7:06 | 4:33 |  |
| 10 | Wed | 12:22 | 3.2 | 12:34 | 3.5 | 6:09 | 0.3 | 6:59 | 0.1 | 7:07 | 4:33 |  |
| 11 | Thu | 1:18 | 3.2 | 1:28 | 3.3 | 7:12 | 0.5 | 7:56 | 0.2 | 7:07 | 4:33 |  |
| 12 | Fri | 2:09 | 3.2 | 2:19 | 3.1 | 8:19 | 0.6 | 8:50 | 0.3 | 7:08 | 4:33 |  |
| 13 | Sat | 3:00 | 3.2 | 3:10 | 2.9 | 9:21 | 0.6 | 9:40 | 0.3 | 7:09 | 4:34 |  |
| 14 | Sun | 3:50 | 3.3 | 4:05 | 2.8 | 10:16 | 0.5 | 10:25 | 0.3 | 7:10 | 4:34 |  |
| 15 | Mon | 4:41 | 3.3 | 5:00 | 2.7 | 11:05 | 0.4 | 11:07 | 0.3 | 7:10 | 4:34 |  |
| 16 | Tue | 5:29 | 3.5 | 5:50 | 2.8 | 11:50 | 0.3 | 11:48 | 0.3 | 7:11 | 4:34 |  |
| 17 | Wed | 6:13 | 3.6 | 6:36 | 2.8 | | | 12:34 | 0.2 | 7:12 | 4:35 |  |
| 18 | Thu | 6:54 | 3.6 | 7:17 | 2.9 | 12:29 | 0.2 | 1:18 | 0.1 | 7:12 | 4:35 |  |
| 19 | Fri | 7:32 | 3.7 | 7:57 | 2.9 | 1:11 | 0.2 | 2:01 | 0.0 | 7:13 | 4:36 |  |
| 20 | Sat | 8:08 | 3.7 | 8:36 | 2.9 | 1:53 | 0.2 | 2:43 | -0.1 | 7:13 | 4:36 |  |
| 21 | Sun | 8:44 | 3.6 | 9:14 | 2.8 | 2:35 | 0.2 | 3:22 | -0.1 | 7:14 | 4:36 |  |
| 22 | Mon | 9:20 | 3.6 | 9:53 | 2.8 | 3:14 | 0.3 | 4:00 | -0.1 | 7:14 | 4:37 |  |
| 23 | Tue | 9:58 | 3.5 | 10:35 | 2.8 | 3:51 | 0.3 | 4:36 | -0.1 | 7:15 | 4:38 |  |
| 24 | Wed | 10:39 | 3.4 | 11:21 | 2.8 | 4:28 | 0.3 | 5:13 | 0.0 | 7:15 | 4:38 |  |
| 25 | Thu | 11:27 | 3.3 | | | 5:10 | 0.4 | 5:52 | 0.0 | 7:16 | 4:39 |  |
| 26 | Fri | 12:11 | 2.9 | 12:20 | 3.2 | 6:00 | 0.4 | 6:39 | 0.0 | 7:16 | 4:39 |  |
| 27 | Sat | 1:02 | 3.1 | 1:15 | 3.1 | 7:07 | 0.5 | 7:35 | 0.0 | 7:16 | 4:40 |  |
| 28 | Sun | 1:55 | 3.3 | 2:13 | 3.0 | 8:24 | 0.4 | 8:36 | 0.0 | 7:16 | 4:41 |  |
| 29 | Mon | 2:51 | 3.5 | 3:15 | 3.0 | 9:35 | 0.3 | 9:37 | -0.1 | 7:17 | 4:41 |  |
| 30 | Tue | 3:52 | 3.7 | 4:23 | 3.0 | 10:39 | 0.0 | 10:37 | -0.2 | 7:17 | 4:42 |  |
| 31 | Wed | 4:57 | 3.9 | 5:30 | 3.1 | 11:39 | -0.2 | 11:34 | -0.3 | 7:17 | 4:43 |  |