

































Long Beach (inside), NY - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:44	4.6	6:18	3.7			12:10	-0.5	7:18	4:38	
2	Fri	6:40	4.8	7:13	3.8	12:05	-0.5	1:05	-0.7	7:18	4:39	
3	Sat	7:33	4.9	8:06	3.9	1:02	-0.6	1:58	-0.8	7:18	4:40	
4	Sun	8:24	4.8	8:58	4.0	1:57	-0.6	2:48	-0.9	7:18	4:40	
5	Mon	9:14	4.6	9:51	3.9	2:49	-0.6	3:35	-0.8	7:18	4:41	
6	Tue	10:04	4.4	10:43	3.9	3:38	-0.4	4:19	-0.7	7:18	4:42	
7	Wed	10:55	4.1	11:36	3.8	4:25	-0.2	5:03	-0.5	7:18	4:43	
8	Thu	11:45	3.8			5:14	0.1	5:47	-0.2	7:17	4:44	
9	Fri	12:26	3.7	12:34	3.5	6:07	0.3	6:34	0.1	7:17	4:45	
10	Sat	1:13	3.6	1:22	3.2	7:05	0.5	7:25	0.3	7:17	4:46	
11	Sun	2:00	3.6	2:11	3.0	8:08	0.6	8:17	0.4	7:17	4:47	
12	Mon	2:47	3.5	3:03	2.8	9:08	0.6	9:10	0.5	7:17	4:48	
13	Tue	3:40	3.5	4:02	2.8	10:02	0.5	10:00	0.4	7:16	4:50	
14	Wed	4:35	3.6	5:01	2.8	10:52	0.4	10:48	0.4	7:16	4:51	
15	Thu	5:27	3.7	5:53	2.9	11:39	0.2	11:34	0.3	7:15	4:52	
16	Fri	6:13	3.9	6:39	3.1			12:24	0.0	7:15	4:53	
17	Sat	6:54	4.0	7:20	3.2	12:19	0.2	1:08	-0.1	7:15	4:54	
18	Sun	7:32	4.1	7:58	3.3	1:04	0.1	1:51	-0.3	7:14	4:55	
19	Mon	8:09	4.1	8:35	3.4	1:48	0.0	2:30	-0.4	7:13	4:56	
20	Tue	8:45	4.1	9:12	3.4	2:29	-0.1	3:07	-0.4	7:13	4:57	
21	Wed	9:22	4.1	9:51	3.5	3:09	-0.1	3:42	-0.4	7:12	4:59	
22	Thu	10:03	3.9	10:34	3.6	3:48	-0.1	4:16	-0.4	7:12	5:00	
23	Fri	10:49	3.8	11:22	3.7	4:30	0.0	4:53	-0.4	7:11	5:01	
24	Sat	11:40	3.6			5:18	0.1	5:35	-0.2	7:10	5:02	
25	Sun	12:15	3.8	12:37	3.4	6:19	0.2	6:28	-0.1	7:09	5:03	
26	Mon	1:10	3.9	1:37	3.2	7:35	0.3	7:34	0.0	7:09	5:05	
27	Tue	2:10	3.9	2:42	3.1	8:51	0.2	8:47	0.0	7:08	5:06	
28	Wed	3:16	4.0	3:54	3.1	9:59	0.1	9:55	-0.1	7:07	5:07	
29	Thu	4:27	4.1	5:05	3.3	11:00	-0.2	10:57	-0.3	7:06	5:08	
30	Fri	5:33	4.3	6:07	3.5	11:57	-0.4	11:55	-0.5	7:05	5:09	
31	Sat	6:30	4.5	7:01	3.8			12:50	-0.7	7:04	5:11	