


























## Poughkeepsie, NY - May 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:53	3.8	4:43	3.1	10:48	-0.3	10:48	0.1	5:51	7:54	
2	Fri	4:55	3.6	5:46	3.0	11:45	0.0	11:47	0.4	5:50	7:55	
3	Sat	5:58	3.4	6:46	3.0			12:48	0.2	5:48	7:56	
4	Sun	6:57	3.2	7:42	2.9	12:55	0.6	1:52	0.3	5:47	7:57	
5	Mon	7:54	3.0	8:39	3.0	2:05	0.7	2:52	0.3	5:46	7:58	
6	Tue	8:53	2.9	9:35	3.0	3:09	0.7	3:44	0.3	5:45	7:59	
7	Wed	9:51	2.9	10:27	3.2	4:05	0.6	4:30	0.3	5:44	8:00	
8	Thu	10:44	2.9	11:12	3.3	4:55	0.5	5:11	0.3	5:42	8:01	
9	Fri	11:30	2.9	11:51	3.5	5:40	0.4	5:51	0.3	5:41	8:02	
10	Sat			12:11	2.9	6:24	0.3	6:29	0.3	5:40	8:03	
11	Sun	12:28	3.6	12:49	2.9	7:06	0.2	7:07	0.3	5:39	8:04	
12	Mon	1:02	3.6	1:26	2.9	7:48	0.1	7:44	0.4	5:38	8:05	
13	Tue	1:34	3.6	2:03	2.8	8:28	0.1	8:21	0.4	5:37	8:06	
14	Wed	2:05	3.5	2:40	2.7	9:07	0.1	8:56	0.5	5:36	8:07	
15	Thu	2:36	3.4	3:19	2.7	9:44	0.2	9:29	0.6	5:35	8:08	
16	Fri	3:09	3.4	4:02	2.6	10:21	0.3	10:02	0.7	5:34	8:09	
17	Sat	3:49	3.3	4:52	2.6	11:00	0.3	10:39	0.7	5:33	8:10	
18	Sun	4:40	3.2	5:44	2.6	11:46	0.4	11:28	0.8	5:32	8:11	
19	Mon	5:38	3.2	6:35	2.8			12:42	0.4	5:31	8:12	
20	Tue	6:36	3.2	7:26	2.9	12:41	0.8	1:43	0.4	5:30	8:13	
21	Wed	7:35	3.2	8:21	3.2	2:06	0.7	2:41	0.3	5:30	8:14	
22	Thu	8:37	3.1	9:20	3.4	3:16	0.5	3:36	0.1	5:29	8:15	
23	Fri	9:44	3.2	10:20	3.7	4:18	0.3	4:27	0.0	5:28	8:16	
24	Sat	10:48	3.2	11:15	4.0	5:15	0.0	5:18	-0.2	5:27	8:17	
25	Sun	11:45	3.3			6:10	-0.2	6:10	-0.2	5:27	8:18	
26	Mon	12:06	4.2	12:39	3.4	7:05	-0.3	7:03	-0.2	5:26	8:19	
27	Tue	12:56	4.2	1:32	3.4	7:59	-0.4	7:57	-0.2	5:25	8:20	
28	Wed	1:47	4.2	2:28	3.3	8:51	-0.4	8:50	-0.1	5:25	8:20	
29	Thu	2:40	4.0	3:27	3.2	9:42	-0.4	9:41	0.1	5:24	8:21	
30	Fri	3:37	3.8	4:28	3.2	10:32	-0.2	10:32	0.3	5:24	8:22	
31	Sat	4:37	3.6	5:28	3.1	11:24	0.0	11:27	0.5	5:23	8:23	