
































## Poughkeepsie, NY - Jun 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:36	3.4	6:24	3.1			12:20	0.1	5:23	8:24	
2	Mon	6:31	3.2	7:15	3.1	12:29	0.7	1:17	0.3	5:22	8:24	
3	Tue	7:22	3.0	8:04	3.1	1:34	0.8	2:11	0.4	5:22	8:25	
4	Wed	8:12	2.9	8:54	3.2	2:36	0.8	3:01	0.4	5:22	8:26	
5	Thu	9:05	2.8	9:44	3.2	3:32	0.7	3:47	0.5	5:21	8:26	
6	Fri	10:00	2.7	10:32	3.3	4:23	0.6	4:29	0.5	5:21	8:27	
7	Sat	10:53	2.7	11:16	3.4	5:10	0.5	5:10	0.5	5:21	8:28	
8	Sun	11:39	2.7	11:55	3.5	5:55	0.4	5:50	0.5	5:21	8:28	
9	Mon			12:21	2.8	6:39	0.3	6:31	0.5	5:20	8:29	
10	Tue	12:32	3.6	1:02	2.8	7:23	0.2	7:13	0.5	5:20	8:29	
11	Wed	1:07	3.6	1:41	2.8	8:05	0.2	7:55	0.5	5:20	8:30	
12	Thu	1:41	3.6	2:20	2.8	8:46	0.1	8:35	0.5	5:20	8:30	
13	Fri	2:15	3.6	3:01	2.7	9:26	0.1	9:14	0.5	5:20	8:31	
14	Sat	2:53	3.5	3:45	2.7	10:04	0.1	9:53	0.6	5:20	8:31	
15	Sun	3:36	3.5	4:33	2.8	10:43	0.2	10:34	0.6	5:20	8:32	
16	Mon	4:27	3.4	5:23	2.9	11:25	0.2	11:24	0.7	5:20	8:32	
17	Tue	5:21	3.3	6:13	3.1			12:12	0.2	5:20	8:32	
18	Wed	6:17	3.3	7:02	3.3	12:30	0.7	1:06	0.2	5:20	8:33	
19	Thu	7:12	3.2	7:54	3.5	1:45	0.6	2:04	0.2	5:20	8:33	
20	Fri	8:11	3.1	8:51	3.6	2:55	0.5	3:01	0.1	5:21	8:33	
21	Sat	9:17	3.0	9:53	3.8	3:59	0.3	3:58	0.1	5:21	8:33	
22	Sun	10:26	3.1	10:54	4.0	4:58	0.1	4:54	0.0	5:21	8:34	
23	Mon	11:28	3.1	11:50	4.1	5:54	0.0	5:49	0.0	5:21	8:34	
24	Tue			12:25	3.2	6:50	-0.2	6:45	0.0	5:22	8:34	
25	Wed	12:42	4.1	1:20	3.3	7:44	-0.3	7:41	0.0	5:22	8:34	
26	Thu	1:34	4.1	2:15	3.3	8:36	-0.3	8:34	0.0	5:22	8:34	
27	Fri	2:26	3.9	3:11	3.3	9:24	-0.3	9:25	0.1	5:23	8:34	
28	Sat	3:20	3.8	4:07	3.2	10:11	-0.2	10:13	0.3	5:23	8:34	
29	Sun	4:14	3.6	5:02	3.2	10:57	-0.1	11:03	0.5	5:24	8:34	
30	Mon	5:07	3.4	5:53	3.2	11:44	0.1	11:56	0.7	5:24	8:34	