

































Poughkeepsie, NY - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:57	3.2	6:40	3.2			12:32	0.3	5:25	8:34	
2	Wed	6:45	3.0	7:25	3.2	12:54	0.8	1:22	0.5	5:25	8:34	
3	Thu	7:31	2.8	8:10	3.2	1:55	0.9	2:11	0.6	5:26	8:33	
4	Fri	8:19	2.7	8:57	3.2	2:53	0.9	2:58	0.7	5:26	8:33	
5	Sat	9:14	2.6	9:48	3.3	3:47	0.8	3:45	0.7	5:27	8:33	
6	Sun	10:13	2.5	10:38	3.3	4:37	0.7	4:30	0.7	5:28	8:33	
7	Mon	11:07	2.6	11:24	3.4	5:25	0.6	5:15	0.7	5:28	8:32	
8	Tue	11:55	2.7			6:10	0.4	6:00	0.6	5:29	8:32	
9	Wed	12:05	3.5	12:37	2.8	6:56	0.3	6:46	0.6	5:30	8:31	
10	Thu	12:43	3.6	1:17	2.8	7:40	0.2	7:31	0.5	5:30	8:31	
11	Fri	1:20	3.7	1:57	2.9	8:23	0.1	8:16	0.4	5:31	8:30	
12	Sat	1:58	3.7	2:37	3.0	9:03	0.0	8:59	0.4	5:32	8:30	
13	Sun	2:38	3.7	3:20	3.0	9:42	0.0	9:41	0.4	5:33	8:29	
14	Mon	3:22	3.6	4:06	3.1	10:20	0.0	10:25	0.4	5:34	8:29	
15	Tue	4:11	3.5	4:56	3.3	10:59	0.0	11:15	0.5	5:34	8:28	
16	Wed	5:04	3.4	5:47	3.4	11:42	0.1			5:35	8:28	
17	Thu	5:59	3.3	6:38	3.5	12:16	0.5	12:33	0.1	5:36	8:27	
18	Fri	6:55	3.1	7:31	3.6	1:27	0.6	1:32	0.2	5:37	8:26	
19	Sat	7:54	3.0	8:30	3.7	2:38	0.5	2:35	0.2	5:38	8:25	
20	Sun	9:01	2.9	9:35	3.7	3:44	0.4	3:38	0.2	5:39	8:25	
21	Mon	10:13	2.9	10:41	3.8	4:44	0.3	4:38	0.2	5:40	8:24	
22	Tue	11:18	3.1	11:40	3.9	5:41	0.1	5:36	0.2	5:40	8:23	
23	Wed			12:15	3.2	6:35	0.0	6:32	0.1	5:41	8:22	
24	Thu	12:33	4.0	1:08	3.3	7:27	-0.1	7:27	0.1	5:42	8:21	
25	Fri	1:22	3.9	1:58	3.4	8:17	-0.2	8:18	0.1	5:43	8:20	
26	Sat	2:09	3.9	2:48	3.4	9:02	-0.2	9:06	0.2	5:44	8:19	
27	Sun	2:57	3.7	3:37	3.4	9:44	-0.1	9:50	0.3	5:45	8:18	
28	Mon	3:44	3.5	4:26	3.3	10:24	0.0	10:34	0.5	5:46	8:17	
29	Tue	4:31	3.3	5:13	3.3	11:03	0.2	11:19	0.6	5:47	8:16	
30	Wed	5:19	3.1	5:58	3.3	11:42	0.4			5:48	8:15	
31	Thu	6:05	2.9	6:42	3.2	12:10	0.8	12:24	0.6	5:49	8:14	