
































Poughkeepsie, NY - Sep 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:52	2.5	8:14	3.1	2:29	1.1	2:12	1.1	6:22	7:29	
2	Tue	8:54	2.5	9:15	3.2	3:29	1.0	3:19	1.1	6:23	7:27	
3	Wed	10:00	2.6	10:16	3.3	4:21	0.8	4:16	0.9	6:24	7:25	
4	Thu	10:55	2.8	11:07	3.5	5:09	0.6	5:07	0.7	6:25	7:23	
5	Fri	11:40	3.1	11:51	3.7	5:54	0.4	5:56	0.5	6:26	7:22	
6	Sat			12:20	3.3	6:37	0.1	6:45	0.3	6:27	7:20	
7	Sun	12:32	3.9	12:58	3.6	7:19	0.0	7:33	0.1	6:28	7:18	
8	Mon	1:13	4.0	1:38	3.8	8:01	-0.2	8:22	0.0	6:29	7:17	
9	Tue	1:56	3.9	2:20	3.9	8:43	-0.2	9:09	-0.1	6:30	7:15	
10	Wed	2:42	3.8	3:07	4.0	9:24	-0.2	9:58	0.0	6:31	7:13	
11	Thu	3:33	3.6	3:59	4.0	10:06	-0.1	10:49	0.1	6:32	7:12	
12	Fri	4:30	3.4	4:57	3.9	10:51	0.1	11:48	0.3	6:33	7:10	
13	Sat	5:33	3.2	5:59	3.8	11:45	0.3			6:34	7:08	
14	Sun	6:37	3.1	7:02	3.6	12:57	0.5	12:53	0.5	6:35	7:06	
15	Mon	7:41	3.0	8:07	3.5	2:09	0.6	2:09	0.6	6:36	7:05	
16	Tue	8:49	3.0	9:16	3.5	3:16	0.5	3:18	0.6	6:37	7:03	
17	Wed	9:57	3.1	10:22	3.5	4:16	0.4	4:20	0.6	6:38	7:01	
18	Thu	10:58	3.2	11:17	3.6	5:08	0.3	5:15	0.4	6:39	6:59	
19	Fri	11:48	3.4			5:56	0.2	6:05	0.4	6:40	6:58	
20	Sat	12:03	3.7	12:31	3.6	6:40	0.1	6:52	0.3	6:41	6:56	
21	Sun	12:44	3.7	1:10	3.7	7:22	0.1	7:37	0.3	6:42	6:54	
22	Mon	1:23	3.6	1:48	3.7	8:00	0.1	8:19	0.3	6:43	6:52	
23	Tue	2:00	3.5	2:24	3.7	8:37	0.2	8:59	0.3	6:44	6:51	
24	Wed	2:37	3.3	3:01	3.6	9:10	0.3	9:37	0.4	6:45	6:49	
25	Thu	3:16	3.1	3:37	3.5	9:41	0.5	10:14	0.5	6:46	6:47	
26	Fri	3:56	2.9	4:16	3.4	10:09	0.6	10:52	0.7	6:47	6:45	
27	Sat	4:42	2.8	4:58	3.2	10:35	0.8	11:35	0.9	6:48	6:44	
28	Sun	5:33	2.6	5:45	3.1	11:05	1.0			6:49	6:42	
29	Mon	6:26	2.5	6:36	3.1	12:34	1.0	11:50 AM	1.1	6:50	6:40	
30	Tue	7:20	2.5	7:29	3.1	1:45	1.0	1:17	1.2	6:52	6:39	