
































## Poughkeepsie, NY - Nov 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:33	3.1	9:50	3.3	3:52	0.4	4:15	0.5	7:28	5:50	
2	Sun	9:26	3.4	9:47	3.4	3:38	0.1	4:08	0.2	6:29	4:48	
3	Mon	10:15	3.8	10:38	3.5	4:24	-0.1	5:01	0.0	6:30	4:47	
4	Tue	11:01	4.1	11:27	3.6	5:10	-0.2	5:53	-0.2	6:32	4:46	
5	Wed	11:46	4.3			5:58	-0.3	6:46	-0.4	6:33	4:45	
6	Thu	12:15	3.6	12:33	4.3	6:47	-0.4	7:38	-0.4	6:34	4:44	
7	Fri	1:07	3.5	1:24	4.2	7:37	-0.3	8:29	-0.4	6:35	4:43	
8	Sat	2:04	3.4	2:21	4.0	8:28	-0.2	9:21	-0.2	6:36	4:42	
9	Sun	3:07	3.2	3:23	3.8	9:20	0.0	10:17	0.0	6:38	4:41	
10	Mon	4:13	3.1	4:30	3.6	10:17	0.3	11:19	0.2	6:39	4:40	
11	Tue	5:17	3.0	5:33	3.4	11:23	0.5			6:40	4:39	
12	Wed	6:17	3.0	6:31	3.2	12:25	0.3	12:35	0.6	6:41	4:38	
13	Thu	7:14	3.0	7:29	3.1	1:27	0.3	1:43	0.7	6:43	4:37	
14	Fri	8:11	3.1	8:27	3.0	2:22	0.3	2:42	0.6	6:44	4:36	
15	Sat	9:05	3.2	9:22	3.0	3:10	0.2	3:35	0.5	6:45	4:35	
16	Sun	9:53	3.3	10:10	3.0	3:54	0.2	4:22	0.4	6:46	4:34	
17	Mon	10:35	3.5	10:53	3.0	4:34	0.2	5:06	0.3	6:47	4:33	
18	Tue	11:13	3.6	11:32	2.9	5:13	0.2	5:49	0.2	6:49	4:32	
19	Wed	11:48	3.6			5:51	0.2	6:31	0.1	6:50	4:32	
20	Thu	12:09	2.9	12:22	3.6	6:29	0.3	7:12	0.1	6:51	4:31	
21	Fri	12:46	2.8	12:55	3.5	7:06	0.3	7:52	0.1	6:52	4:30	
22	Sat	1:24	2.7	1:28	3.4	7:42	0.4	8:30	0.2	6:53	4:30	
23	Sun	2:03	2.6	2:01	3.3	8:16	0.5	9:07	0.3	6:54	4:29	
24	Mon	2:45	2.5	2:38	3.2	8:49	0.6	9:45	0.3	6:56	4:29	
25	Tue	3:32	2.5	3:23	3.1	9:23	0.7	10:27	0.4	6:57	4:28	
26	Wed	4:24	2.5	4:17	3.1	10:04	0.8	11:18	0.4	6:58	4:28	
27	Thu	5:14	2.6	5:13	3.0	11:04	0.8			6:59	4:27	
28	Fri	6:03	2.7	6:09	3.0	12:16	0.4	12:29	0.8	7:00	4:27	
29	Sat	6:54	2.9	7:07	3.0	1:14	0.3	1:45	0.6	7:01	4:26	
30	Sun	7:50	3.2	8:11	3.0	2:09	0.2	2:49	0.4	7:02	4:26	