



Poughkeepsie, NY - Jun 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:44	3.6	2:19	2.8	8:40	0.1	8:33	0.5	5:23	8:23	☉
2	Tue	2:20	3.5	3:02	2.7	9:19	0.2	9:10	0.6	5:22	8:24	☉
3	Wed	2:56	3.4	3:47	2.7	9:56	0.2	9:45	0.7	5:22	8:25	☉
4	Thu	3:34	3.3	4:33	2.7	10:33	0.3	10:19	0.8	5:22	8:26	☾
5	Fri	4:14	3.2	5:18	2.7	11:10	0.4	10:57	0.9	5:21	8:26	☾
6	Sat	4:59	3.1	6:01	2.7	11:50	0.4	11:45	0.9	5:21	8:27	☾
7	Sun	5:47	3.1	6:41	2.9			12:37	0.5	5:21	8:27	☾
8	Mon	6:36	3.0	7:23	3.0	12:54	0.9	1:29	0.4	5:21	8:28	☾
9	Tue	7:29	3.0	8:11	3.3	2:10	0.8	2:24	0.4	5:20	8:29	☾
10	Wed	8:27	2.9	9:06	3.5	3:17	0.7	3:19	0.3	5:20	8:29	☾
11	Thu	9:34	2.9	10:05	3.7	4:17	0.4	4:12	0.2	5:20	8:30	☾
12	Fri	10:40	3.0	11:03	4.0	5:14	0.2	5:06	0.0	5:20	8:30	☾
13	Sat	11:40	3.1	11:58	4.1	6:09	-0.1	6:01	-0.1	5:20	8:31	☾
14	Sun			12:36	3.2	7:05	-0.2	6:58	-0.1	5:20	8:31	☾
15	Mon	12:50	4.2	1:31	3.3	7:59	-0.4	7:55	-0.2	5:20	8:32	☾
16	Tue	1:45	4.2	2:29	3.3	8:52	-0.4	8:51	-0.1	5:20	8:32	☾
17	Wed	2:41	4.1	3:29	3.4	9:43	-0.4	9:44	0.0	5:20	8:32	☾
18	Thu	3:40	3.9	4:31	3.4	10:33	-0.4	10:38	0.1	5:20	8:33	☾
19	Fri	4:41	3.7	5:30	3.4	11:24	-0.2	11:35	0.3	5:20	8:33	☾
20	Sat	5:39	3.5	6:24	3.4			12:18	-0.1	5:21	8:33	☾
21	Sun	6:33	3.3	7:15	3.4	12:37	0.5	1:13	0.1	5:21	8:33	☾
22	Mon	7:24	3.1	8:05	3.4	1:42	0.6	2:08	0.2	5:21	8:34	☾
23	Tue	8:16	2.9	8:55	3.4	2:44	0.6	2:59	0.4	5:21	8:34	☾
24	Wed	9:11	2.8	9:46	3.4	3:41	0.6	3:48	0.5	5:22	8:34	☾
25	Thu	10:09	2.7	10:37	3.4	4:33	0.5	4:33	0.5	5:22	8:34	☾
26	Fri	11:03	2.7	11:23	3.5	5:21	0.5	5:17	0.5	5:22	8:34	☉
27	Sat	11:51	2.7			6:07	0.4	6:00	0.6	5:23	8:34	☉
28	Sun	12:05	3.6	12:35	2.8	6:52	0.3	6:44	0.6	5:23	8:34	☉
29	Mon	12:45	3.6	1:17	2.8	7:35	0.2	7:28	0.6	5:24	8:34	☉
30	Tue	1:23	3.6	1:58	2.8	8:17	0.2	8:11	0.6	5:24	8:34	☉