



Poughkeepsie, NY - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:59	3.5	2:38	2.8	8:56	0.2	8:50	0.6	5:25	8:34	☉
2	Thu	2:34	3.5	3:19	2.8	9:33	0.1	9:28	0.6	5:25	8:34	☉
3	Fri	3:09	3.4	3:59	2.8	10:08	0.2	10:03	0.7	5:26	8:33	☉
4	Sat	3:46	3.3	4:39	2.9	10:41	0.2	10:41	0.7	5:26	8:33	☾
5	Sun	4:28	3.2	5:19	3.0	11:15	0.3	11:25	0.7	5:27	8:33	☾
6	Mon	5:15	3.2	6:01	3.2	11:53	0.3			5:28	8:33	☾
7	Tue	6:05	3.1	6:46	3.3	12:24	0.8	12:40	0.3	5:28	8:32	☾
8	Wed	6:59	3.0	7:35	3.5	1:38	0.8	1:37	0.4	5:29	8:32	☾
9	Thu	7:57	2.9	8:32	3.6	2:51	0.6	2:41	0.3	5:30	8:32	☾
10	Fri	9:06	2.9	9:38	3.8	3:56	0.5	3:44	0.3	5:30	8:31	☾
11	Sat	10:19	2.9	10:45	3.9	4:56	0.3	4:45	0.1	5:31	8:31	☾
12	Sun	11:25	3.1	11:45	4.1	5:53	0.0	5:45	0.0	5:32	8:30	☾
13	Mon			12:24	3.3	6:49	-0.2	6:44	-0.1	5:33	8:30	☾
14	Tue	12:41	4.2	1:19	3.4	7:43	-0.3	7:42	-0.1	5:33	8:29	☾
15	Wed	1:34	4.2	2:15	3.5	8:34	-0.4	8:37	-0.1	5:34	8:28	☾
16	Thu	2:28	4.1	3:11	3.5	9:23	-0.5	9:29	-0.1	5:35	8:28	☾
17	Fri	3:22	3.9	4:06	3.5	10:09	-0.4	10:19	0.1	5:36	8:27	☾
18	Sat	4:17	3.7	5:01	3.5	10:55	-0.2	11:11	0.3	5:37	8:26	☾
19	Sun	5:10	3.5	5:53	3.5	11:42	0.0			5:38	8:26	☾
20	Mon	6:02	3.2	6:41	3.5	12:07	0.5	12:32	0.2	5:38	8:25	☾
21	Tue	6:52	3.0	7:28	3.4	1:07	0.7	1:24	0.5	5:39	8:24	☾
22	Wed	7:41	2.8	8:15	3.3	2:09	0.8	2:17	0.6	5:40	8:23	☾
23	Thu	8:35	2.6	9:07	3.3	3:08	0.8	3:09	0.7	5:41	8:22	☾
24	Fri	9:34	2.6	10:02	3.3	4:03	0.7	3:59	0.8	5:42	8:22	☾
25	Sat	10:34	2.6	10:55	3.4	4:53	0.6	4:47	0.7	5:43	8:21	☉
26	Sun	11:27	2.7	11:41	3.5	5:40	0.5	5:34	0.7	5:44	8:20	☉
27	Mon			12:12	2.8	6:25	0.4	6:19	0.6	5:45	8:19	☉
28	Tue	12:23	3.5	12:53	2.9	7:08	0.3	7:04	0.6	5:46	8:18	☉
29	Wed	1:01	3.6	1:32	3.0	7:49	0.2	7:48	0.5	5:47	8:17	☉
30	Thu	1:36	3.6	2:09	3.0	8:28	0.1	8:29	0.5	5:48	8:16	☉
31	Fri	2:10	3.6	2:44	3.1	9:04	0.1	9:08	0.5	5:49	8:15	☉