

































## Poughkeepsie, NY - Dec 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:13	3.1	6:25	3.2	12:16	0.0	12:36	0.4	7:03	4:26	
2	Wed	7:09	3.2	7:23	3.0	1:17	0.0	1:43	0.4	7:04	4:25	
3	Thu	8:05	3.2	8:22	2.9	2:12	0.0	2:44	0.3	7:05	4:25	
4	Fri	9:01	3.3	9:20	2.8	3:03	0.0	3:38	0.2	7:06	4:25	
5	Sat	9:52	3.4	10:13	2.8	3:50	0.1	4:28	0.1	7:07	4:25	
6	Sun	10:36	3.5	10:59	2.8	4:34	0.1	5:14	0.1	7:08	4:25	
7	Mon	11:17	3.5	11:41	2.8	5:16	0.1	6:00	0.0	7:09	4:25	
8	Tue	11:56	3.5			5:58	0.2	6:43	0.0	7:10	4:25	
9	Wed	12:22	2.8	12:33	3.5	6:40	0.2	7:25	0.0	7:11	4:25	
10	Thu	1:02	2.7	1:11	3.4	7:20	0.2	8:04	0.0	7:11	4:25	
11	Fri	1:43	2.7	1:48	3.3	7:58	0.3	8:42	0.0	7:12	4:25	
12	Sat	2:27	2.6	2:27	3.2	8:34	0.4	9:18	0.1	7:13	4:25	
13	Sun	3:12	2.5	3:06	3.0	9:08	0.5	9:54	0.2	7:14	4:25	
14	Mon	3:58	2.5	3:48	2.9	9:42	0.6	10:31	0.3	7:15	4:25	
15	Tue	4:41	2.5	4:32	2.8	10:23	0.7	11:13	0.3	7:15	4:26	
16	Wed	5:22	2.6	5:18	2.8	11:20	0.8			7:16	4:26	
17	Thu	6:02	2.7	6:06	2.7	12:03	0.3	12:37	0.7	7:17	4:26	
18	Fri	6:46	2.9	7:01	2.6	12:58	0.3	1:50	0.6	7:17	4:27	
19	Sat	7:38	3.0	8:05	2.6	1:54	0.2	2:52	0.4	7:18	4:27	
20	Sun	8:38	3.3	9:13	2.7	2:48	0.1	3:49	0.1	7:18	4:27	
21	Mon	9:38	3.5	10:14	2.8	3:42	-0.1	4:44	-0.1	7:19	4:28	
22	Tue	10:34	3.7	11:09	3.0	4:36	-0.2	5:39	-0.3	7:19	4:28	
23	Wed	11:26	3.9			5:31	-0.4	6:33	-0.5	7:20	4:29	
24	Thu	12:02	3.1	12:18	4.0	6:28	-0.5	7:25	-0.6	7:20	4:30	
25	Fri	12:56	3.1	1:12	3.9	7:23	-0.5	8:15	-0.7	7:21	4:30	
26	Sat	1:53	3.2	2:09	3.8	8:16	-0.5	9:04	-0.7	7:21	4:31	
27	Sun	2:53	3.2	3:07	3.6	9:09	-0.4	9:54	-0.6	7:21	4:31	
28	Mon	3:53	3.2	4:06	3.4	10:03	-0.2	10:46	-0.4	7:22	4:32	
29	Tue	4:51	3.2	5:03	3.2	11:03	0.0	11:42	-0.2	7:22	4:33	
30	Wed	5:45	3.1	5:58	2.9			12:08	0.2	7:22	4:34	
31	Thu	6:38	3.1	6:51	2.7	12:39	-0.1	1:15	0.3	7:22	4:35	