

































Poughkeepsie, NY - Jul 2025

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 2:28 | 3.5 | 3:08 | 2.9 | 9:20 | 0.1 | 9:19 | 0.6 | 5:25 | 8:34 |  |
| 2 | Sun | 3:09 | 3.4 | 3:53 | 2.9 | 9:56 | 0.2 | 9:57 | 0.7 | 5:25 | 8:34 |  |
| 3 | Mon | 3:50 | 3.3 | 4:38 | 2.9 | 10:31 | 0.3 | 10:33 | 0.8 | 5:26 | 8:33 |  |
| 4 | Tue | 4:31 | 3.1 | 5:21 | 2.9 | 11:04 | 0.3 | 11:12 | 0.9 | 5:27 | 8:33 |  |
| 5 | Wed | 5:12 | 3.0 | 5:59 | 2.9 | 11:38 | 0.4 | 11:58 | 1.0 | 5:27 | 8:33 |  |
| 6 | Thu | 5:52 | 2.9 | 6:34 | 3.0 | | | 12:14 | 0.5 | 5:28 | 8:33 |  |
| 7 | Fri | 6:33 | 2.8 | 7:10 | 3.1 | 12:59 | 1.0 | 12:57 | 0.6 | 5:29 | 8:32 |  |
| 8 | Sat | 7:19 | 2.7 | 7:51 | 3.2 | 2:08 | 1.0 | 1:51 | 0.6 | 5:29 | 8:32 |  |
| 9 | Sun | 8:13 | 2.7 | 8:42 | 3.4 | 3:12 | 0.8 | 2:50 | 0.6 | 5:30 | 8:31 |  |
| 10 | Mon | 9:19 | 2.7 | 9:43 | 3.5 | 4:11 | 0.6 | 3:49 | 0.5 | 5:31 | 8:31 |  |
| 11 | Tue | 10:29 | 2.7 | 10:46 | 3.8 | 5:06 | 0.4 | 4:47 | 0.4 | 5:31 | 8:30 |  |
| 12 | Wed | 11:30 | 2.9 | 11:43 | 4.0 | 5:59 | 0.2 | 5:45 | 0.2 | 5:32 | 8:30 |  |
| 13 | Thu | | | 12:24 | 3.1 | 6:52 | 0.0 | 6:42 | 0.1 | 5:33 | 8:29 |  |
| 14 | Fri | 12:35 | 4.1 | 1:16 | 3.3 | 7:44 | -0.2 | 7:40 | -0.1 | 5:34 | 8:29 |  |
| 15 | Sat | 1:28 | 4.2 | 2:10 | 3.5 | 8:34 | -0.4 | 8:35 | -0.2 | 5:35 | 8:28 |  |
| 16 | Sun | 2:21 | 4.2 | 3:06 | 3.6 | 9:22 | -0.5 | 9:28 | -0.2 | 5:35 | 8:28 |  |
| 17 | Mon | 3:17 | 4.0 | 4:03 | 3.7 | 10:09 | -0.5 | 10:21 | -0.1 | 5:36 | 8:27 |  |
| 18 | Tue | 4:14 | 3.8 | 5:01 | 3.7 | 10:56 | -0.4 | 11:16 | 0.1 | 5:37 | 8:26 |  |
| 19 | Wed | 5:11 | 3.6 | 5:56 | 3.7 | 11:46 | -0.2 | | | 5:38 | 8:25 |  |
| 20 | Thu | 6:08 | 3.4 | 6:49 | 3.7 | 12:16 | 0.3 | 12:41 | 0.0 | 5:39 | 8:25 |  |
| 21 | Fri | 7:02 | 3.2 | 7:40 | 3.6 | 1:21 | 0.4 | 1:38 | 0.2 | 5:40 | 8:24 |  |
| 22 | Sat | 7:57 | 3.0 | 8:34 | 3.5 | 2:27 | 0.5 | 2:37 | 0.4 | 5:41 | 8:23 |  |
| 23 | Sun | 8:57 | 2.8 | 9:31 | 3.5 | 3:28 | 0.5 | 3:33 | 0.5 | 5:42 | 8:22 |  |
| 24 | Mon | 10:01 | 2.7 | 10:29 | 3.5 | 4:25 | 0.5 | 4:26 | 0.6 | 5:42 | 8:21 |  |
| 25 | Tue | 11:01 | 2.7 | 11:21 | 3.5 | 5:17 | 0.4 | 5:16 | 0.6 | 5:43 | 8:20 |  |
| 26 | Wed | 11:52 | 2.8 | | | 6:05 | 0.4 | 6:03 | 0.6 | 5:44 | 8:19 |  |
| 27 | Thu | 12:07 | 3.6 | 12:36 | 2.9 | 6:50 | 0.3 | 6:49 | 0.5 | 5:45 | 8:18 |  |
| 28 | Fri | 12:48 | 3.6 | 1:18 | 3.0 | 7:33 | 0.2 | 7:34 | 0.5 | 5:46 | 8:17 |  |
| 29 | Sat | 1:27 | 3.6 | 1:58 | 3.1 | 8:14 | 0.2 | 8:16 | 0.5 | 5:47 | 8:16 |  |
| 30 | Sun | 2:05 | 3.6 | 2:37 | 3.1 | 8:51 | 0.2 | 8:56 | 0.5 | 5:48 | 8:15 |  |
| 31 | Mon | 2:41 | 3.5 | 3:16 | 3.1 | 9:25 | 0.2 | 9:33 | 0.6 | 5:49 | 8:14 |  |