

































Rockaway Beach (inside), NY - Apr 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 5:04 | 5.0 | 5:37 | 4.9 | 11:41 | 0.7 | 11:58 | 0.9 | 6:38 | 7:20 |  |
| 2 | Mon | 5:58 | 5.1 | 6:29 | 5.2 | | | 12:26 | 0.5 | 6:36 | 7:21 |  |
| 3 | Tue | 6:48 | 5.2 | 7:14 | 5.5 | 12:47 | 0.7 | 1:08 | 0.3 | 6:34 | 7:22 |  |
| 4 | Wed | 7:32 | 5.3 | 7:54 | 5.8 | 1:31 | 0.5 | 1:48 | 0.1 | 6:33 | 7:23 |  |
| 5 | Thu | 8:13 | 5.4 | 8:30 | 5.9 | 2:14 | 0.3 | 2:27 | 0.1 | 6:31 | 7:24 |  |
| 6 | Fri | 8:50 | 5.4 | 9:03 | 6.0 | 2:55 | 0.2 | 3:05 | 0.1 | 6:29 | 7:25 |  |
| 7 | Sat | 9:26 | 5.3 | 9:35 | 6.0 | 3:35 | 0.2 | 3:41 | 0.2 | 6:28 | 7:26 |  |
| 8 | Sun | 10:02 | 5.2 | 10:06 | 6.0 | 4:13 | 0.2 | 4:16 | 0.4 | 6:26 | 7:27 |  |
| 9 | Mon | 10:38 | 5.0 | 10:40 | 5.9 | 4:50 | 0.2 | 4:50 | 0.6 | 6:25 | 7:28 |  |
| 10 | Tue | 11:18 | 4.9 | 11:20 | 5.8 | 5:28 | 0.4 | 5:25 | 0.7 | 6:23 | 7:29 |  |
| 11 | Wed | | | 12:06 | 4.7 | 6:09 | 0.5 | 6:04 | 0.8 | 6:22 | 7:30 |  |
| 12 | Thu | 12:10 | 5.7 | 1:03 | 4.6 | 6:58 | 0.7 | 6:54 | 0.9 | 6:20 | 7:31 |  |
| 13 | Fri | 1:11 | 5.7 | 2:06 | 4.6 | 8:02 | 0.8 | 8:02 | 1.0 | 6:18 | 7:32 |  |
| 14 | Sat | 2:16 | 5.6 | 3:09 | 4.8 | 9:14 | 0.8 | 9:23 | 1.0 | 6:17 | 7:33 |  |
| 15 | Sun | 3:22 | 5.6 | 4:13 | 5.2 | 10:21 | 0.5 | 10:36 | 0.7 | 6:15 | 7:34 |  |
| 16 | Mon | 4:28 | 5.7 | 5:14 | 5.7 | 11:20 | 0.2 | 11:40 | 0.3 | 6:14 | 7:35 |  |
| 17 | Tue | 5:31 | 5.8 | 6:12 | 6.2 | | | 12:14 | -0.2 | 6:12 | 7:36 |  |
| 18 | Wed | 6:31 | 6.0 | 7:07 | 6.7 | 12:38 | -0.1 | 1:04 | -0.4 | 6:11 | 7:37 |  |
| 19 | Thu | 7:27 | 6.1 | 7:57 | 7.0 | 1:33 | -0.4 | 1:53 | -0.6 | 6:09 | 7:38 |  |
| 20 | Fri | 8:19 | 6.2 | 8:44 | 7.1 | 2:25 | -0.7 | 2:41 | -0.6 | 6:08 | 7:39 |  |
| 21 | Sat | 9:08 | 6.1 | 9:31 | 7.1 | 3:16 | -0.7 | 3:28 | -0.5 | 6:06 | 7:40 |  |
| 22 | Sun | 9:56 | 5.9 | 10:17 | 6.8 | 4:04 | -0.6 | 4:14 | -0.2 | 6:05 | 7:41 |  |
| 23 | Mon | 10:45 | 5.6 | 11:04 | 6.4 | 4:52 | -0.4 | 4:59 | 0.1 | 6:04 | 7:42 |  |
| 24 | Tue | 11:35 | 5.3 | 11:54 | 6.0 | 5:38 | -0.1 | 5:45 | 0.5 | 6:02 | 7:43 |  |
| 25 | Wed | | | 12:28 | 5.0 | 6:26 | 0.3 | 6:31 | 0.8 | 6:01 | 7:45 |  |
| 26 | Thu | 12:46 | 5.6 | 1:23 | 4.8 | 7:16 | 0.6 | 7:22 | 1.2 | 6:00 | 7:46 |  |
| 27 | Fri | 1:40 | 5.3 | 2:18 | 4.7 | 8:10 | 0.9 | 8:21 | 1.4 | 5:58 | 7:47 |  |
| 28 | Sat | 2:34 | 5.1 | 3:12 | 4.8 | 9:08 | 1.0 | 9:26 | 1.5 | 5:57 | 7:48 |  |
| 29 | Sun | 3:28 | 5.0 | 4:06 | 4.9 | 10:05 | 0.9 | 10:28 | 1.4 | 5:56 | 7:49 |  |
| 30 | Mon | 4:22 | 4.9 | 4:58 | 5.1 | 10:56 | 0.8 | 11:23 | 1.2 | 5:54 | 7:50 |  |