

# Freestyle Daily



NORWEGIAN CRUISE LINE  
FREESTYLE CRUISING

## Norwegian Gem

Sunday, February 22<sup>nd</sup>, 2009  
Day at Sea

Today's Forecast  
Cloudy, 7°C/46°F

Sunrise  
6:39am

Sunset  
5:59pm

### Tip of the day

When was the last time you were pampered head-to-toe? Come to the spa and indulge in a little "me" time with a relaxing massage that'll melt your cares away.

### Tonight's entertainment

#### Showtime: World Beat

A musical voyage around the world with rhythmic music, beautiful scenery, and exquisite costumes. Feel the percussive beats of Irish tap dancing, the soulful cadences of New York City street stomps, the haunting drums of Africa, the dramatic Kodo rhythms of Asia, and the sizzling castanets of Spain. Escape to the exotic islands of Greece and be dazzled by the exciting artistry and precision of Zorba's dance, and kick up your heels to the rockin' sound of today's hottest country music. Photography, audio & video recording is prohibited.

7:30pm & 9:30pm, Stardust Theater, Deck 6 & 7, Fwd

#### NCL's Monte Carlo Night Party:

Is the joker wild enough? This is Casino Extraordinaire! Join the Freestyle Showgirls and the Monte Carlo Cast of Crazy Characters, for an evening of zany fun. Don't miss it!

10:30pm, Gem Club Casino, Deck 6, Fwd

### What's on tap today

#### Port & Destination Talk with your Shore

**Excursion Expert:** Join Miha, your Shore Excursion Manager, as she highlights the many wet and wild adventures available in our exciting ports of call.

10:00am, Stardust Theater, Decks 6 & 7, Fwd

**Colombian Emeralds Bingo:** The Jackpot is starting at \$1000 and you could have it all. Colombian Emeralds has gotten in on the fun too and is giving away a ring valued at \$500 to one of our Bingo players. Try your luck with our Instant Win Pull Tabs where you have a chance of winning \$2000 instantly. Every strip is a guaranteed winner.

11:30am, Spinnaker Lounge, Deck 13, Fwd

**Free Card Bingo:** Bring the cards we left in your room last night and play Bingo for free. Join Crazy Candi and the rest of the Bingo Bunch for another exciting session of Giant Jackpot Bingo. Don't miss it.

3:45pm, Spinnaker Lounge, Deck 13, Fwd

#### Free Champagne Art Auction:

That's right! Free Champagne and a Free Art Raffle! Featuring hundreds of original artworks at up to 40% off Land Gallery Prices. This is your chance to view and collect artworks from the world's largest art dealer. The action starts at 2:00pm and seats fill up quick! See you there.

2:00pm, Bar Central, Deck 6 Mid

#### Port & Shopping Talk:

Looking for Huge Savings this week Shopping Ashore? Join Todd, your Port and Shopping Consultant for his only live Shopping Talk this week. Todd will be giving all of his "Insider Tips" to Shopping in Nassau & Freeport. Every state room in attendance will receive a Diamond Charm Bracelet and other great jewelry gifts for attending. One lucky guest will leave with a gorgeous Diamond & Sapphire pendant.

3:00pm, Spinnaker Lounge, Deck 13 Fwd

**2 For 1 Specialty Restaurants Offer:** Enjoy our 50% off the Cover Charge in La Cucina, Deck 12, Aft, Tequila, Deck 8, Mid, Orchid Garden, Deck 7, Mid & Le Bistro, Deck 6, Mid  
From 5:30pm-7:30pm, only.

### Music Everywhere!

#### Le Bistro Restaurant, Deck 6, Mid

Furioso  
Classic Bistro Brunch  
11:00am-2:00pm

#### Great Outdoors, Deck 12, Aft

(Weather Permitting)  
James Capik  
Guitar Vocals  
Noon-2:00pm

#### Tahitian Poolside, Deck 12, Mid

(Weather Permitting)  
Poolside Dance Hits  
Caribbean Vibes  
Noon-2:15pm

Modal Magic  
Dance Hits  
2:30pm-5:00pm

#### Bar Central, Deck 6, Mid

Furioso  
Elegant Strings  
6:00pm-8:30pm  
Ariel Jacobe  
Smooth Piano  
8:45pm-Whenever

#### Spinnaker Lounge, Deck 13, Fwd

Showband  
Ballroom Dancing  
8:00pm-9:45pm  
Modal Magic  
Dance Hits  
10:00pm-Whenever

#### Crystal Atrium, Deck 7, Mid

Ariel Jacobe  
Piano Melodies  
7:00pm-8:00pm  
Stacey Ward McAdams  
Piano Melodies  
8:15pm-Whenever

#### Star Bar, Deck 13, Mid

James Capik  
Guitar Vocal  
9:00pm-Whenever

### Don't miss this!

**Formal & Casual Portraits:** Tonight is our Dress Up or Not Night, so make sure you have your portraits professionally taken this evening. Have your picture taken with Captain Mikael Hilden from 5:45pm-6:15pm. No purchase obligation, so you've nothing to lose.....

5:00pm-10:00pm, Crystal Atrium, Deck 7, Mid

## Bar Manager's Specials

**Drink of the Day:** "Tropical Itch" \$7.95 with souvenir glass

**Fruit Smoothie:** "Bushwacker" \$8.95 with souvenir glass

**Coffee of the Day:** "Café De Antoinette", \$5.75

**Daily Non-Alcoholic:** "Strawberry Freeze", \$3.50

**"Bloody Mary Breakfast Club!"** All Bars, everyday – Bloody Marys, Mimosas and Screwdrivers only \$4.25 from 8:00am-11:00am

Dear  
Cruise Director,

**What is it about being at sea that makes you so hungry...for art?**

Art collecting is one of the most rewarding hobbies you can have – even if you don't know a Van Gogh from a Rousseau, or a Warhol from a Vermeer (who?).

Buying and collecting art is very personal. Each person experiences something different from a work of art. People that think collecting art is a luxury are only partially right – human beings are drawn to artwork (no pun intended) – even the cavemen surrounded themselves with art!

So how do you start exploring – and buying – art? Besides beginning your art collection by finding art that makes you feel inspired, happy, or that brings a fond recollection, you may want to catch the art seminars on board this cruise.

NCL's art seminars and auctions are where you can start learning and building your collection or add to it. Here, you'll find something for every taste and budget, in a friendly, un-intimidating, even educational atmosphere. You'll be pleasantly surprised at how easy it is to fall in love with a piece of art, maybe even enough to bring it home

### Colombian Emeralds International

Join us for a fun and exciting Emerald and Tanzanite presentation at 9:30am in the Crystal Atrium. Learn all you need to know about these 2 fascinating gemstones and find out if you are the winner of the Guess the Weight competition-free emerald specimen for all who attend. You must be present to win.  
9:00am-Midnight, Deck 7, Fwd

### Yin & Yang Spa & Beauty Salon

Save \$50 on your treatment this week. The Yin & Yang Spa is delighted to present Facial Rejuvenation Medi-Spa. Our onboard certified Medi-Spa Physician can send you home looking 10 years younger in just 10 minutes. We offer Restylane and Botox Cosmetic treatments onboard. Free consultations available Call #12200  
Yin & Yang Spa, Deck 12, Fwd

### Bliss Ultra Lounge & Night Club

See and be seen in this ultra chic, velvety atmosphere. The fantasy and mythological theme has a four-lane bowling alley. This happening nightclub has a wicked DJ, VIP private areas and sinful cocktails! Come join us! (18 and older after 9:00pm)  
9:00pm-Whenever  
Bliss Ultra Lounge, Deck 7, Aft

### Freestyle Cruise Rewards

Sailing again in 2½ years? Cruise Rewards is a must! Just \$250 will hold your next cruise with NCL's Cruise Rewards. You'll receive \$100 off your current onboard account. Simply, fill out a Cruise Reward Form and hand it in at the Reception Desk. Plus, one lucky winner will enjoy a romantic dinner for two in Le Bistro – with wine!  
See Duncan & Melody, Deck 7, Atrium, Mid  
3:00pm-6:00pm.

### Behind the Scenes Tour

Would you like to visit the "behind the scene" workings of a multimillion dollar Cruise Ship? See the Bridge, Laundry Facilities, Galley, Backstage & Environmental Systems all guided by the officers in charge! 2 great tours available plus a deluxe tour with Sushi Lunch & Dinner at Cagney's (Fee applies).  
Sign up at the Reception, Deck 7, Mid.

### Gem Club Casino

No Limit Texas Hold'em registration begins at 10:00am. Limited seats. Join the Slots and Blackjack Tournaments at 1:30pm & 2:30pm respectively, a chance to win up to \$500 on each! Sign up for a free player's card and get the free \$5 chip! You pay \$10 and you'll get \$15 back in chips! Paradise Lotto Live drawing at 11:30pm not to be missed!  
Jackpot is over \$227,000!  
9:00am-Whenever  
Gem Club Casino, Deck 6, Fwd

### Trade Routes Boutiques

Inch of Gold and silver starting from only \$1.00 an inch. Free matching bracelet with every purchase over \$2 per inch. Designer watches from only \$35.00, featuring the following designers Fossil, DKNY, Anne Klein and Nike. Don't miss our amazing Swarovski jewelry and crystal collection starting from only \$40. All our prices are Tax & Duty free so take advantage of the great savings.  
9:00am-Midnight  
Trade Routes Boutique, Deck 7, Fwd

### Photo Gallery

Photos with the Captain tonight only! Dress-up-or-Not tonight for couple, family or group portraits! We will be taking photographs on four professional backdrops this evening in the Crystal Atrium.  
Gallery Times: 9:00am - 3:00pm  
Portrait Times: 5:00pm - 10:00pm  
Crystal Atrium, Deck 7 Mid.

### Internet Café & Daily Newspaper

Internet Discounts! Our Embark special ends tonight at 10:00pm. Take advantage of the discounted Internet Time Plans and save as much as 50% compared to the Pay-As-You-Go price! Purchase a Time Plan today and receive up to 20 additional minutes free! Don't forget to enter the raffle for your chance to win up to 500 free Minutes.  
Internet Center, Crystal Atrium, Deck 7, Mid  
9:00am-Noon, 2:00pm-5:00pm &  
7:00pm-10:00pm

### Maltings Beer & Whiskey Bar

Beer or Whiskey? Why choose, your are on holiday, remember? Extensive whiskey menu including over 60 kinds from Scotland, Ireland, Canada and the USA.  
5:00pm-Whenever  
Maltings Beer & Whiskey Bar, Deck 6, Mid



# Freestyle Daily Activities



## Stuff for "morning people"...

- Bridge Viewing Room
- Yoga (fee applies)
- Tennis Play with your Fellow Guests & Cruise Staff
- Bowling Alley (Must be 6 years or older to play) \$5/game
- NCL "U" Destinations Lecture: Castles of the Caribbean with Jessica
- Tanzanite & Emerald Seminar
- Shuffleboard Tournament with the Cruise Staff
- Port & Destination Talk with your Shore Excursion Expert Miha
- Seminar: Detox for Health and Weight Loss
- Rock Climbing Wall (weather permitting)
- Informal Scrabble Play
- Texas Hold'em Tournament (\$100 to enter)
- Wii by Nintendo - Adult Wii Fit Class
- Morning Trivia with your Cruise Staff
- Murder Mystery Sign Up (first 120 people)
- Seminar: Learn How to Get a Brighter New Smile
- Make up Boat Drill
- Tree Tops Kid's Club is Open
- Colombian Emeralds International Bingo
- Seminar: Plump Your Lips Erase Your Wrinkles with Dr. Jane Dhillon

Deck 11, Fwd, Port	Sunrise-Sunset
Fitness Center, Deck 12, Fwd	8:00am
Sports Court, Deck 13, Aft	8:30am-10:30am
Bliss Ultra Lounge, Deck 7, Aft	9:00am-Whenever
Stardust Theater, Decks 6 & 7, Fwd	9:15am
Crystal Atrium, Deck 7, Mid	9:30am
Starboard Deck 7, Promenade	9:45am
Stardust Theater, Decks 6 & 7, Fwd	10:00am
Fitness Center, Deck 12, Fwd	10:00am
Deck 14, Aft	10:00am-1:00pm
Card Room, Deck 12, Fwd	10:30am
Gem Club Casino, Deck 6, Fwd	10:30am
Crystal Atrium, Deck 7, Mid	10:30am-11:30am
Spinnaker Lounge, Deck 13, Fwd	10:45am
Library, Deck 12, Fwd	10:45am-11:15am
Yin & Yang Spa, Deck 12, Fwd	11:00am
Orchid Garden, Deck 7, Mid	11:00am
Deck 12, Mid	11:00am-10:30pm
Spinnaker Lounge, Deck 13, Fwd	11:30am
Rialto Room, Deck 6, Fwd	11:30am

## Add pizzazz to your afternoon...

- Basketball Free Throw Contest with the Cruise Staff
- Seminar: Introduction to Acupuncture
- Italian Wine Tasting (\$15)
- Seminar: Secrets to a flatter Stomach
- Casinos At Sea Slot and Blackjack Tournament Sign-Ups
- Chess Play with your Fellow Guests
- Amoro & Gold Seminar
- Casinos At Sea Slot Tournament
- Gala Champagne Art Auction
- Soccer Tournament with the Cruise Staff
- Rock Climbing Wall (weather permitting)
- Backgammon Play with your Fellow Guests
- Casinos At Sea Blackjack Tournament
- Port & Shopping Talk with Todd
- Body Waves Cycling (fee)
- Seminar: 5 minute Make Over Seminar
- European Beer Tasting (\$15)
- NCL "U" Technology Lecture: Picture This: Digital Photography Made Easy
- Free Card Cash Prize Bingo
- Margarita Tasting (\$15)
- Frank's Place - Continuous Music of Sinatra
- Martini Tasting/ Art Of Infusion (\$15)
- Professional Portraits
- Photos with Captain Mikael Hilden

Sports Court, Deck 13, Aft	Noon-1:00pm
Meet at Yin & Yang Spa, Deck 12, Fwd	12:15pm
La Cucina, Deck 12, Aft	12:30pm
Fitness Center, Deck 12, Fwd	1:00pm
Gem Club Casino, Deck 6, Fwd	1:00pm
Card Room, Deck 12, Fwd	1:00pm
Crystal Atrium, Deck 7, Mid	1:30pm
Gem Club Casino, Deck 6, Fwd	1:30pm-2:30pm
Bar Central, Deck 6, Mid	2:00pm
Sports Court, Deck 13, Aft	2:00pm-3:00pm
Deck 14, Aft	2:00pm-5:00pm
Card Room, Deck 12, Fwd	2:30pm
Gem Club Casino, Deck 6, Fwd	2:30pm-3:30pm
Spinnaker Lounge, Deck 13, Fwd	3:00pm
Fitness Center, Deck 12, Fwd	3:00pm
Yin & Yang Spa, Deck 12, Fwd	3:15pm
Maltings & Whiskey Bar, Deck 6, Mid	3:30pm
Rialto Room, Deck 6, Port, Fwd	3:30pm
Spinnaker Lounge, Deck 13, Fwd	3:45pm
Tequila, Deck 8, Mid	4:00pm
Star Bar, Deck 13, Mid	4:00pm-9:00pm
Shaker's Bar, Deck 6, Mid	4:15pm
Crystal Atrium, Deck 7, Mid	5:00pm-10:00pm
Crystal Atrium, Deck 7, Mid	5:45pm-6:15pm

## Everything's hotter when the sun goes down...

Friends of Bill W.	Chapel, Deck 13, Fwd	6:00pm
Showtime: World Beat	Stardust Theater, Decks 6 & 7, Fwd	7:30pm
Singles Socials with your Fellow Guests	Star Bar, Deck 13, Mid	8:15pm
Bliss Ultra Lounge with DJ Pedro	Bliss Ultra Lounge, Deck 7, Aft	9:00pm-Whenever
Cigars and Cognac under the Stars	The Great Outdoors, Deck 12, Mid	9:00pm-Whenever
Showtime: World Beat	Stardust Theater, Decks 6 & 7, Fwd	9:30pm
Friends of Dorothy L.G.B.T. Mixer	Bliss Ultra Lounge, Deck 7, Aft	10:00pm
Monte Carlo Night Party	Gem Club Casino, Deck 6, Fwd	10:30pm
Paradise Lotto Drawing (Jackpot is over \$227,000)	Gem Club Casino, Deck 6, Fwd	11:30pm
Retro 80's Party & Shadow Dancing	Bliss Ultra Lounge, Deck 7, Aft	11:30pm

**Ok, we know this looks like a schedule (gasp!) But, remember, you're free to whatever!**

## Bar Services

<b>Java Café &amp; Bar</b> Deck 7, Mid	7:00am - Whenever
<b>Topsiders Bar</b> Deck 12, Mid	8:00am - Whenever
<b>Spinnaker Lounge</b> Deck 13, Fwd	10:00am - Whenever
<b>Great Outdoors Bar</b> Deck 12, Aft	10:00am - Whenever
<b>Bali Hai Bar &amp; Grill</b> Deck 13, Fwd	10:00am - Whenever
<b>Bliss Ultra Lounge</b> Deck 7, Aft	Noon - Whenever
<b>Magnums &amp; Shakers Bar</b> Deck 6, Mid	Noon - Whenever
<b>Tequila Bar</b> Deck 8, Mid	Noon - Whenever
<b>Maltings Beer &amp; Whiskey Bar</b> Deck 6, Mid	3:00pm - Whenever
<b>Star Bar (Frank's Place)</b> Deck 13, Mid	3:00pm - Whenever

## Guest Services

<b>Reception Desk</b> Deck 7, Mid (#00)	Open 24 Hours
<b>Internet Café</b>	Open 24 Hours
<b>Internet Manager</b> Deck 7, Mid	9:00am - Noon 2:00pm - 5:00pm 7:00pm - 10:00pm
<b>Body Waves Fitness</b> Deck 12, Fwd	Open 24 Hours
<b>The Leopard Lounge (Arcade)</b> Deck 12, Mid	Open 24 Hours
<b>Library (Sudoku &amp; Trivia Available)</b> Deck 12, Mid	Open 24 Hours
<b>Yin &amp; Yang Spa &amp; Salon</b>	8:00am - 8:00pm
<b>Medi Spa</b> Deck 12, Fwd	8:00am - 8:00pm
<b>Shore Excursions Desk</b> Deck 7, Mid	9:00am - 9:00pm
<b>Gem Club Casino</b> Deck 6, Fwd	9:00am - Whenever
<b>Gift Shops,</b> Deck 7, Fwd	9:00am - Midnight
<b>Photo Gallery,</b> Deck 7, Aft	9:00am - 3:00pm
<b>Cruise Consultant</b> Deck 7, Mid	3:00pm - 6:00pm
<b>Onboard Credit Desk</b> Deck 7, Mid	9:00am - Noon 4:00pm - 7:00pm
<b>Port &amp; Shopping Consultant</b> Reception Desk, Deck 7, Mid	5:30pm - 6:30pm
<b>Medical Center</b> Deck 4, Mid	8:30am - 10:00am 4:00pm - 5:00pm
<b>Tahitian Pool &amp; Jacuzzis</b> Deck 12, Mid	8:00am - 11:00pm*
<b>Flower Shop:</b> Garden Café, Deck 12, Mid	9:00am - 2:00pm
Reception Desk, Deck 7, Mid	5:00pm - 9:30pm

**Sun Chairs & Loungers:** Our deck chairs and loungers are yours to enjoy. Please keep in mind, if you leave your belongings alone for more than 30 minutes, we'll take them to the Reception Desk (to free up chairs for others to relax in).

**Walking & Jogging:** Deck 13 is a walking/jogging track open 24/7. Deck 7 is a walking-only track open 9:00am-9:00pm. Remember, all sports play is at your own risk.

**Jacuzzis & Pools:** Glass & bottles cannot be brought into any of the pools or Jacuzzis. Children in diapers, pull-ups and swimmers are not allowed in any of the pools or Jacuzzis.

**Restaurant Cancellations:** To ensure each of our guests receive our best service, we can only hold your dinner reservation for 15 minutes. If you need to cancel, please do so by 5:00pm on the day of your reservation to avoid having the cover charge for up to two guests applied to your account.

**Casino:** You must be 18 or older (and have ID) to gamble or be in the casino. No winnings can be paid to any person or bets in violation. Slot winnings of \$1200 and above could be subject to W-2-G tax withholding. Only cigarette smoking is allowed in the casino.

**Announcements:** All announcements can be heard on channel 23 from your stateroom television.

**Liquor Purchased Ashore:** Any liquor purchased in our ports of call will be collected and returned to you at the end of the voyage.

## Freestyle Dining

### Getting Started

<b>Early Risers</b> Deck 12, Mid	6:00am - 7:00am
<b>Garden Café</b> Deck 12, Mid	7:00am - 11:30am
<b>Grand Pacific</b> Deck 7, Aft	7:30am - 9:30am
<b>Great Outdoors*</b> Deck 12, Aft	8:00am - Noon
<b>The Grill*</b> Deck 12, Mid	9:00am - 11:00am

### Satisfy your afternoon appetite

<b>Classical Le Bistro Brunch**</b> Deck 6, Mid	10:30am - 1:00pm
<b>The Grill*</b> Deck 12, Mid	11:30am - 5:00pm
<b>Teppanyaki**</b> Deck 7, Mid	Noon (One seating only)
<b>Grand Pacific</b> Deck 7, Aft	Noon - 1:30pm
<b>Sushi**</b> Deck 7, Mid	Noon - 1:30pm
<b>Garden Café</b> Deck 12, Mid	Noon - 2:30pm
<b>Bali Hai Bar*</b> Deck 13, Fwd	12:30pm - 5:00pm
<b>Great Outdoors*</b> Deck 12, Aft	12:30pm - 5:30pm

### What are you in the mood for?

<b>Grand Pacific</b> Deck 7, Aft	5:30pm - 9:30pm
<b>Garden Café</b> Deck 12, Mid	5:30pm - 9:30pm
<b>Magenta</b> Deck 6, Mid	5:30pm - 10:30pm

### Specialty Restaurants

<b>Cagney's **</b> Deck 13, Mid	5:30pm - 10:30pm
<b>La Cucina **</b> Deck 12, Aft, Portside	5:30pm - 10:30pm
<b>Le Bistro **</b> Deck 6, Mid	5:30pm - 10:30pm
<b>Orchid Garden **</b> Deck 7, Mid	5:30pm - 10:30pm
<b>Sushi Bar **</b> Deck 7, Mid	5:30pm - 10:30pm
<b>Tequila**</b> Deck 8, Mid	5:30pm - 10:30pm
<b>Teppanyaki **</b> Deck 7, Mid	5:00pm/6:00pm
<b>6:30pm/7:30pm/8:00pm/9:00pm/9:30pm/10:30pm</b>	

### For whenever you are hungry

<b>Blue Lagoon</b> Deck 8, Mid	Open 24 Hours
<b>Garden Cafe*</b> Deck 12, Mid	9:30pm - 11:30pm

Specialty restaurants reservations can be made for the day of or the next day before dinner time. To make reservations dial 050 or visit Crystal Atrium, Deck 7, Mid: 7:00am - 4:30pm  
Garden Café, Deck 12, Mid: 7:00am - 11:00am  
Bar City, Deck 6, Mid: 5:00pm - 9:30pm

\* Weather permitting.

\*\*These restaurants charge a cover and for what you get, you'll find it is well worth it.

Dress Code: Feel free to "dress up or not" wherever you are dining. Please refrain from wearing jeans in the Grand Pacific after 5:00pm. For ultra-casual dining after 5:30pm (tank tops, shorts, etc.) please feel free to check-out the Garden Café.

**Customer Advisory:** In case you didn't know, there's a certain level of danger to eating raw or undercooked animal products. It's also risky to drink juices that haven't been pasteurized. So if you have any immune system disorders, you should ask your doctor.  
**Environmental Hotline:** You can report environmental incidents by calling 1-877-501-5976, the ship's Reception Desk, Deck 7, Mid or via e-mail to [EnvironmentalHotline@ncl.com](mailto:EnvironmentalHotline@ncl.com). All reports are confidential.

**Safety Equipment:** Please do not tamper with any safety equipment onboard (i.e. smoke detectors or fire extinguishers). Please follow safety instructions given by the crew.

**Smoking Policy:** Smoking is only allowed inside the Casino, staterooms, Corona Cigar Club and designated outside deck areas. Cigars are only permitted in the Corona Cigar Club, Deck 6, Mid.  
**Sharps Containers:** For disposal of needles, please contact the Reception Desk, the Medical Center or your Room Steward.

**Open Flames:** Open flames (i.e. burning candles and incense) are strictly forbidden.

