

Freestyle Daily



NCL
NORWEGIAN CRUISE LINE
FREESTYLE CRUISING

Norwegian Gem

Monday, February 23rd, 2009
Port Canaveral

Today's Forecast
Sunny, 68F/18C

Sunrise
6:51am

Sunset
6:17pm

Arrival Time
Noon

All Aboard
9:30pm

Tip of the day

All Guests should be aboard at 9:30pm. The ship sets sail at approximately 10:00pm. Please remember to carry a photo ID together with your key card on your way off the ship. **No food items are allowed to be taken off the vessel.**

Tonight's entertainment

Spotlight Showtime: The Second City

NCL is proud to present Chicago's famed Comedy Troupe which launched the careers of Bill Murray, Martin Short & John Belushi. See the new generation of comedy superstars perform a hilarious medley of scenes, songs and improvisation. Photography, audio & video recording is prohibited.

7:30pm and 9:30pm, Stardust Theater, Decks 6 & 7, Fwd

Newlywed Not So Newlywed Game Show

Join your Cruise Director Ray as he shows you his mischievous side in this hilarious game show where we find out how well you know your spouse. Don't forget to bring your cameras and video cameras. (PG -13)

10:30pm, Spinnaker Lounge, Deck 13, Fwd

What's on tap today

Shore Excursions: It's all about relaxing on a private island! Enjoy the adventure of a parasail ride and get a bird's eye view of the island tomorrow on Great Stirrup Cay! Experience the joy of snorkeling in warm, pristine waters: perfect for beginners and experts alike. See your friendly and knowledgeable Shore Excursion Staff for details at the Shore Excursion Desk, Deck 7, Crystal Atrium from 9:00am-11:00am & 6:00pm-8:00pm. You can book your excursions from the comfort of your stateroom right on your television, simply press the green "menu" button and start exploring.

Note: Tomorrow is a tendering port, please allow at least 45 minutes from ship to shore.

Note: Shore Excursion Staff will also be on the island for any last minute bookings.

\$10 Bingo Bonanza Special:

Play for as little as \$10 and win BIG cash prizes. Wear any NYC sports related items and receive extra raffle tickets. Join the Bingo Bunch and test your knowledge as we find out more fun sports facts.

A quick fun game for the whole family. Try your luck at Instant Wins and win \$2000! You must be in it to win it! 10:15am, Spinnaker Lounge, Deck 13, Fwd

Don't miss this!

South Beach Latin Night: Join DJ Pedro for a great night of Latin music in the "hottest" Club on the High Seas. (18 and older after 9:00pm)

10:00pm-11:00pm, Bliss Ultra Lounge, Deck 7, Aft

Port Canaveral

The first industry here was commercial fishing. Cargo vessels started arriving within a few years, laden with oil and newsprint, and tanker vessels began carrying central Florida's orange juice from here to New York in 1958. By 1966, the cargo tonnage moving through the Port had reached one million tons per year.

At the same time, Port Canaveral began playing its important role in America's space program. With the nation's premier launch facility at its doorstep, the Port became and remains today a critical link in receiving, tracking and retrieving space vehicles and components.

Port Canaveral's cruise history began in the 1970s when port-of-call ships discovered the attractions of central Florida, and Port Canaveral's first home ported cruise ship set sail in 1982. Port Canaveral's first dedicated cruise terminal opened that year and climbed to its position today as one of the world's busiest cruise ports with more than 4 million cruise passengers per year.

In case of an emergency please contact:

Port Agent of Port Canaveral:
Mobile: (321) 783- 6307
(available 24hours)

Dixieland: Take a trip down to New Orleans for some Dixieland Music with the Norwegian Gem Showband. Join us for an evening of music, dance and drinks.

9:45pm-Whenever,
Crystal Atrium, Deck 7, Mid

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. From 5:30pm-6:30pm, only.

Karaoke Madness: Tonight it's your chance to sing like a star, bring your friends & family, have a drink from your friendly Bar Staff and enjoy your own show! Event hosted by your Cruise Staff. Don't miss it!

8:45pm-10:15pm
Spinnaker Lounge, Deck 13, Fwd

Bar Manager's Specials

Drink of the Day: "Mangopolitan" \$7.95 served in a souvenir glass
Fruit Smoothie: "Dirty Banana" with alcohol \$8.95/ Non-alcohol only \$6.00
Coffee of the Day: "Mexican Java", \$5.75
Daily Non-Alcoholic: "Banana Colada", \$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 Acupuncture?

Acupuncture (from Lat. *acus*, "needle", and *pungere*, "prick"), is a technique of inserting and manipulating filiform needles into "acupuncture points" on the body with the aim of restoring health and well-being.

It can reduce and even eliminate symptoms, including: the common cold, back pain, anxiety, depression, migraine, acne, high cholesterol, high blood pressure, asthma, eczema, and more complex illnesses.

Acupuncture is thought to have originated in China and is most commonly associated with Traditional Chinese Medicine.

Different types of acupuncture (Classical Chinese, Japanese, and Korean acupuncture) are practiced and taught throughout the world.

Visit our Spa on Deck 12 Forward to learn how to increase your point of Well-Being.

Colombian Emeralds International

Find out how to receive up to \$500 of free jewelry - ask our Staff in-store for details. Save big on big brands! Come and see our amazing selection of high-end watches. We have Citizen, Tissot, Rado, Raymond Weil, Tag Heuer & Omega. Also, buy your jewelry now and pay for it in up to a year with no interest with our Duty Free Gold card, ask Staff in-store for details.

10:30pm-Midnight
Colombian Emeralds International, Deck 7, Fwd

Yin & Yang Spa

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

Internet Café & Wireless Access

There is more to do than just checking email. Don't forget to update your "what you are doing" on Facebook. Your friends will be so jealous. Find out about upcoming ports at travel.yahoo.com
Internet Manager Hours: 9:00am-Noon, 4:00pm-6:00pm, 8:00pm-10:00pm
Crystal Atrium, Deck 7, Mid

"Art 101 - The Art of Collecting"

Become an art connoisseur in less than an hour! Join your Art Auctioneer for this fun, interactive Seminar. Find out the secrets of the art world.
FREE Artwork for all who attend.
10:30am Bar Central, Deck 6 Mid

Java Café

The key word here is "customize". Make it a double, non-fat, extra foam whatever you want as long as you get your fix. Specialty coffees, teas, and full bar selection.
7:00am - Close
Crystal Atrium, Deck 7, Mid

Gem Club Casino

Remember to sign up for our Casinos at Seas Players card and earn Sea bucks while you play. New Members receive our Bonus bucks coupon book, coupons include pay \$10 and get a Free \$5 chip! Paradise Lotto Drawing is at 11:30pm for your chance to win over \$227,000! 11:00pm (approx.)-Whenever
Gem Club Casino, Deck 6, Fwd

Trade Routes Boutiques

If you haven't already tried our liquor then make sure you come along to our Liquor Tasting from 10:30pm-11:30pm. Also don't miss our great promotions running throughout the cruise. Remember all liquor purchases have a chance to win 50% off - draw on last day at 4:00pm.
8:30am-Arrival & 10:30pm-Midnight
Trade Routes Boutique, Deck 7, Fwd

Photo Gallery

Professional Portraits will be taken this evening in the Crystal Atrium. Join us for photos on two of our Casual backdrops. Stop by the gallery and check out the pictures taken in the restaurants last night.
Gallery Times: 9:00am-Noon & 6:00pm-11:00pm
Portrait Times: 6:00pm-10:00pm
Crystal Atrium, Deck 7 Mid.

Port & Shopping Consultant

Miss the Shopping Talk? Tune into Channel 27 for all of Todd's tips and advice for tremendous savings while shopping in Nassau & Freeport. Be sure to see him at his desk this evening for personal referral VIP cards to guarantee the manager's best pricing when shopping in both ports.
Desk Hours: 8:00pm-9:00pm,
Reception Desk, Deck 7 Mid

Freestyle Cruise Rewards

Just \$250 will hold your next cruise with NCL's Cruise Rewards. You'll receive \$100 off your current onboard account. This offer is only available onboard. Sign up by filling out a Cruise Rewards form and dropping it at the Reception Desk. Use your Cruise Reward through NCL, your travel agent at home or an internet booking. See Cruise Consultant for more details from 8:30pm-10:00pm



Freestyle Daily Activities



Stuff for "morning people"...

- Bridge Viewing Room
- Art Gallery Open for Viewing
- Early Morning Stretch
- Body Waves Cycling (Nominal Fee)
- Tennis Play with your Fellow Guests & Cruise Staff
- Body Waves Yoga (Nominal Fee)
- Mah Jong get together with your Fellow Guests
- Tree Tops Kid's Club is Open
- Bowling Alley (Must be 6 years or older to play) \$5/game
- NCL "U" Destinations Lecture: A Brief History of the Bahamas with Jessica
- Morning Trivia with your Cruise Staff
- Todd's Diamond & Gemstone Seminar
- Rock Climbing Wall (weather permitting)
- Sports Court Open
- \$10 Bingo Bonanza Special
- Art 101: Art Seminar
- Shuffleboard Tournament with your Fellow Guests & Cruise Staff
- NCL "U" Technology Lecture: What's the word with Microsoft Word? with Steven
- Ping Pong Tournament with your Fellow Guests & Cruise Staff
- Caribbean Vibes - Poolside Music (weather permitting)
- Informal Bridge Play with your Fellow Guests

Add pizzazz to your afternoon...

- Port Play Group Fun (\$5/hour) - Sign up in Advance
- Chess Play with your Fellow Guests
- Wii by Nintendo: Family Mario Kart Challenge
- Backgammon Play with your Fellow Guests
- Giant Chess Play with your Fellow Guests
- Gravity: Core and Postural Alignment (\$30)
- Basketball - 3 Point Shoot Out with your Cruise Staff
- Rock Climbing Wall (weather permitting)
- Modal Magic - Poolside Music (weather permitting)
- Frank's Place - Continuous Music of Sinatra
- Total Body Conditioning
- Scrabble Play with your Fellow Guests
- Friends of Bill W.
- Afternoon Trivia with your Cruise Staff

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

- Furioso - Elegant Strings
- Ariel Jacobe - Smooth Piano
- Spotlight Showtime: The Second City
- Tree Tops Kid's Club is Open
- James Capik: Vocal Guitar Hits
- Singles Socials with your Fellow Guests
- Karaoke - Tonight you are the Star
- Cigars and Cognac under the Stars
- Adult Disco with DJ Pedro
- Spotlight Showtime: The Second City
- Stacy Ward MacAdams - Cocktail Piano
- Dixieland Jazz Set with the Norwegian Gem Showband
- Friends of Dorothy L.G.B.T. Mixer
- South Beach Latin Night with DJ Pedro
- Newlywed Game Show with your Cruise Director Ray
- Liquor Tasting
- Late Night Fun Zone
- Gem Club Casino Opens
- White Hot Dance Party Preview and Shadow Dancing
- Paradise Lotto Jackpot Prize over \$227,000

- Portside, Deck 11, Fwd
- Deck 7, Aft
- Fitness Center, Deck 12, Fwd
- Fitness Center, Deck 12, Fwd
- Sports Court, Deck 13, Aft
- Fitness Center, Deck 12, Fwd
- Card Room, Deck 12, Fwd
- Deck 12, Mid
- Bliss Ultra Lounge, Deck 7, Aft
- Spinnaker Lounge, Deck 13, Fwd
- Bar Central, Deck 6, Mid
- Crystal Atrium, Deck 7, Mid
- Deck 14, Aft
- Deck 13, Aft
- Spinnaker Lounge, Deck 13, Fwd
- Bar Central, Deck 6 Mid
- Deck 7, Promenade, Starboard
- Rialto Room, Deck 6, Port, Fwd
- Portside, Deck 12, Mid
- Tahitian Poolside, Deck 12, Mid
- Card Room, Deck 12, Fwd

- Sunrise-Sunset
- Open 24 hours
- 7:30am
- 8:00am
- 8:30am-10:30am
- 9:00am
- 9:00am
- 9:00am-Noon
- 9:00am-Whenever
- 9:15am
- 9:30am
- 10:00am
- 10:00am-Noon
- 10:00am-5:00pm
- 10:15am
- 10:30am
- 10:30am
- 10:30am
- 11:00am
- 11:00am-Noon
- 11:00am-1:30pm
- 11:30am

- Tree Tops, Deck 12, Mid
- Card Room, Deck 12, Fwd
- Crystal Atrium, Deck 7, Mid
- Card Room, Deck 12, Fwd
- Starboard Side, Deck 13, Mid
- Fitness Center, Deck 12, Fwd
- Sports Court, Deck 13, Aft
- Deck 14, Aft
- Tahitian Poolside, Deck 12, Mid
- Star Bar, Deck 13, Mid
- Fitness Center, Deck 12, Fwd
- Card Room, Deck 12, Fwd
- Chapel, Deck 13, Fwd
- Bar Central, Deck 6, Mid

- Noon-7:30pm
- 1:00pm
- 1:00pm-3:00pm
- 2:00pm
- 3:00pm
- 3:00pm
- 3:00pm
- 3:30pm-4:30pm
- 4:00pm-6:00pm
- 4:00pm-6:30pm
- 4:00pm-8:00pm
- 4:30pm
- 4:30pm
- 5:00pm
- 5:30pm

- Bar Central, Deck 6, Mid
- Crystal Atrium, Deck 7, Mid
- Stardust Theater, Deck 6 & 7, Fwd
- Deck 12, Mid
- Star Bar, Deck 13, Mid
- Star Bar, Deck 13, Mid
- Spinnaker Lounge, Deck 13, Fwd
- Great Outdoors, Deck 12, Aft
- Bliss Ultra Lounge, Deck 7, Aft
- Stardust Theater, Deck 6 & 7, Fwd
- Bar Central, Deck 6, Mid
- Crystal Atrium, Deck 7, Mid
- Bliss Ultra Lounge, Deck 7, Aft
- Bliss Ultra Lounge, Deck 7, Aft
- Spinnaker Lounge, Deck 13, Fwd
- Trade Routes Boutiques, Deck 7, Fwd
- Tree Tops Kids Club, Deck 12, Mid
- Gem Club Casino, Deck 6, Fwd
- Bliss Ultra Lounge, Deck 7, Aft
- Gem Club Casino, Deck 6, Fwd

- 6:30pm-9:15pm
- 6:30pm-9:30pm
- 7:30pm
- 7:30pm-10:30pm
- 8:00pm- Whenever
- 8:15pm
- 8:45pm-10:15pm
- 9:00pm-Whenever
- 9:00pm-Whenever
- 9:30pm
- 9:30pm-Whenever
- 9:45pm-Whenever
- 10:00pm
- 10:00pm-11:00pm
- 10:30pm
- 10:30pm-11:30pm
- 10:30pm-1:30am
- 11:00pm-Whenever
- 11:15pm
- 11:30pm

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

Bar Services

Java Café & Bar Deck 7, Mid	7:00am - Whenever
Topsiders Bar Deck 12, Mid	8:00am - Whenever
Great Outdoors Bar Deck 12, Aft	7:00am - 9:30am Noon - Whenever
Bali Hai Bar & Grill Deck 13, Fwd	Noon - Whenever
Magnums & Shakers Bar Deck 6, Mid	4:00pm - Whenever
Bliss Ultra Lounge Deck 7, Aft	5:00pm - Whenever
Star Bar Deck 13, Mid	5:00pm - Whenever
Spinnaker Bar Deck 13, Fwd	4:00pm - Whenever
Maltings Beer & Whiskey Bar, Deck 6, Mid	5:00pm - Whenever
Tequila Bar, Deck 8, Mid	5:00pm - Whenever

Guest Services

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

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 W2-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

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

Satisfy your afternoon appetite

The Grill* Deck 12, Mid	10:30am - 5:00pm
Grand Pacific Deck 7, Aft	11:30am - 1:00pm
Garden Café Deck 12, Mid	11:30am - 2:30pm
Great Outdoors* Deck 12, Aft	12:30pm - 1:30pm
Bali Hai Bar Deck 13, Fwd	12:30pm - 5:00pm
Great Outdoors* Deck 12, Aft	2:30pm - 5:30pm

What are you in the mood for?

Garden Café Deck 12, Mid	5:30pm - 9:30pm
Grand Pacific Deck 7, Aft	5:30pm - 9:30pm
Magenta Deck 6, Mid	6:00pm - 10:30pm

Specialty Restaurants

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

For whenever you are hungry

Blue Lagoon Deck 8, Mid	Open 24 hours
Great Outdoors Deck 12, Aft	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

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

* Weather permitting.

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

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.

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.

Customer Relations: Have a service problem? We'll do our best to solve it. Dial '00' while onboard or write Norwegian Cruise Line, 7665 Corporate Center Drive - Miami, Florida 33126.

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. 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.

