

Freestyle Daily



NORWEGIAN CRUISE LINE
FREESTYLE CRUISING

Norwegian Gem

Tuesday, February 24th, 2009
Great Stirrup Cay, Bahamas

Today's Forecast
Party Cloudy 70F/19C

Sunrise
6:44am

Sunset
6:09pm

Arrival Time
10:00am

Last Tender
5:30pm

Tip of the day

Going Ashore Tender Tickets

The Norwegian Gem will use Tenders in Great Stirrup Cay. Guests wishing to go ashore early will require tender tickets which will be available from the Shore Excursion Desk, Deck 7, Mid, from 10:00am.

Tonight's entertainment

Jane L. Powell-The Chocolate Goddess of Love

Join us tonight for the incredible Jane L. Powell! Jane has performed for Ray Charles, Lou Rawls and the Tower of Power. Most recently she performed for Queen Elizabeth. Tonight, Jane brings her fantastic Rhythm & Blues show to the stage of the Stardust Theater.

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

NCL's White Hot Party

Feel the bass pumping as you walk through a wonderland of white. Our white hot angel dancers melt the ice with you on the dance floor all night long. This is an event not to be missed.

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

What's on tap today

Welcome to Great Stirrup Cay:

Approx. 10:15am The Norwegian Gem will use Tenders in Great Stirrup Cay. Guests wishing to go ashore early will require tender tickets which will be available from the Shore Excursion Desk, Deck 7, Mid, from 10:00am. If you are on a Shore Excursion, a tender ticket will not be required. Please listen to all announcements carefully and do not proceed to the gangway until your tender ticket number is called. The tender platform is located on Deck 4, Mid. Please also remember to carry your Norwegian Gem Guest Key Card when going ashore. The last tender today will be at 5:30pm. Have a fantastic day ashore.

Singer Matt Clark - A Special Cabaret: You enjoyed this young singer in "World Beat". Now see him perform solo, songs from the Doobie Brothers, Billy Joel & Chicago and other pop favorites. One performance only.
8:30pm, Spinnaker Lounge, Deck 13, Fwd

White Hot \$5,000 Mega Jackpot Bingo: Did you say \$5000? One time only! You could walk away with \$5000 in 46 numbers or less! White out your card for white hot cash! Don't miss out on all the fun and cash.
5:15pm, Spinnaker Lounge, Deck 12, Fwd.

Shore Excursions: Explore Nassau. Enjoy snorkeling on the Seahorse Sail & Snorkel or spend your day at the water park on the Atlantis Aquaventure tour or you could always get up-close and personal with the Sea Lions & Dolphins. Cruise by the Shore Excursions Desk to find out how. Your friendly Shore Excursions Staff will be happy to plan your day.
6:00pm-9:00pm, Crystal Atrium, Deck 7, Mid
Note: Shore Excursion Staff will also be on the pier for any last minute bookings!

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.

Don't miss this!

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)

Time: 9:00pm-Whenever, Bliss Ultra Lounge, Deck 7, Aft

Great Stirrup Cay

Free Services:

Beaches, Island BBQ, Hiking trail, Volleyball, Ping Pong, First Aid Station (in Dive Hut) and Music with Caribbean Vibes.

Options billed to your room account: Bar service, snorkel equipment rental, rafts, floating mats, parasailing and beach massage. Options that require cash: "Straw Market" - locals selling souvenirs, hair braiding, etc. are not affiliated with NCL.

Snorkeling at GSC: Instructors are available all day on the beach. All snorkeling starts from the beach, not from a boat. We recommend that guests pre-register at the Shore Excursion Desk, but they may sign up on the island as long as equipment is available. All equipment is issued on the beach, not on the ship. Even if guests have their own equipment, they must wear a vest to snorkel at GSC. No swimming or snorkeling is permitted in the tender lane. What GSC does not have? Towels or towel collection: guests must bring towels from the ship and return them to the ship. No shells or animals are to be taken from the island.

Shore Note: Guests who are sensitive to insect bites may wish to purchase repellent cream, before going ashore - available at the Gift Shop and the Reception Desk., Deck 7. Get it before you go.

Bar Manager's Specials

Drink of the Day: "Rebellious Fish" \$7.95 (Served in a Souvenir Glass for you to keep)

Fruit Smoothie: "Blueberry Blast" with Alcohol \$8.95 (Served in a Souvenir Glass for you to keep)

Coffee of the Day: "Cafe de Paris" \$5.75

Daily Non-Alcoholic: "Chariots of Fire" \$3.50

Sail away Drink Special: "Bahamarama Mama", \$7.95 (Served in a Souvenir Glass for you to keep)

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

Dear Cruise Director,
I always hear that cruise ships are a better place to have my portraits taken than at home - is that true?

Yes, our onboard Photo Gallery is affordable, convenient, and hassle free - which makes our onboard professional photography services a better choice than land-based photo studios. Price: At home you get stuck paying a sitting fee for a photo you might not even like. Onboard, you can have your portrait taken every night and it doesn't cost you anything. Convenience: We offer a variety of casual, fun, and formal portrait options and there's no obligation to purchase. Every night, there's a new and exciting option to choose from. Time: No hassle of waiting days or weeks to view your photos. You can view your portraits the very next day in our Photo Gallery. Variety: The Photo Gallery offers not only great prints - you can also have your photos etched into crystal and granite. They're really unique and would be a great addition to your home. There's lots of other really cool things, too - from digital cameras to memory sticks and photo frames - stop by and check them out. Now you know, if you are looking to update your photos and capture your cruise memories, there is no better choice or value than our onboard Photo Gallery.

Colombian Emeralds International

Tonight we would like to invite you to view our Alexandrite Collection unveiling at 6:30pm. Don't miss your chance to see the rarest color changing gem stone in the world. Purchase your jewelry today and pay later. Ask our Staff for details.

6:00pm-Midnight

Colombian Emeralds International, Deck 7, Fwd

Yin & Yang Spa

Seaweed Massage: Combining the power of the Ocean with the healing effect of Aromatherapy. A warm heated seaweed mask containing blends of essential oils is applied to the body to help soothe aches and pains, fibromyalgia, arthritis and sore muscles. This treatment is completed with a scalp massage, foot massage followed by a choice of half body massage.

8:00am-10:00pm

Yin & Yang Spa, Deck 12, Fwd (Call #12200)

Internet Café & Wireless Access

Take advantage of our Time Plans. Wireless access available for laptop users across the whole ship including all staterooms! Get weather reports, check out Facebook, Myspace, chat with your friends on AIM, MSN or Yahoo Messenger.

Managers Desk Hours: 8:00am-10:00am,

4:00pm-6:00pm & 8:00pm-10:00pm

Shopping Consultant

Tomorrow is your big shopping day in Nassau so be sure you're prepared with VIP cards and Shopping Maps prior to arrival. You can see Todd at his desk tonight for last minute questions, VIP cards and maps. Remember to tune into Channel 27 for all of Todd's Insider Tips for your best store savings and selection in Nassau.

5:30pm-6:30pm

Reception Desk, Deck 7, Mid

Maltings Beer & Whiskey Bar

Beer or Whiskey? Why choose, you are on holiday, remember? Extensive Whiskey menu including over 60 kinds from Scotland, Ireland, Canada and the USA.

5:00pm-Close

Maltings Beer & Whiskey Bar, Deck 6, Mid

Gem Club Casino

Join us today for another Slots & Blackjack Tournaments starting at 4:00pm. Redeem your Spin to Win Coupon; a chance to win a Free Caribbean Cruise for 2 or \$30 free slot play 9:00am-11:00am! Paradise Lotto Live Drawing at 11:30pm not to be missed. It's Hot Seat Promotion, \$20 free slot play & \$20 single bet voucher to be given away at midnight.

9:00am-Whenever

Gem Club Casino, Deck 6, Fwd

Trade Routes Boutiques

It's our kids day today - don't miss your chance to receive 10% discount today when you purchase any 2 items from our kids collection - t shirts, toys, games and beachwear.

Our Del Sol collection has arrived at last - come and see the WOW of this collection that changes color in the sunshine.

6:00pm-Midnight

Trade Routes Boutique, Deck 7, Fwd

Photo Gallery

Freestyle Portraits tonight only. Our white and black backdrops let you show off your best freestyle poses. It's a great time for couples or for families! Have fun with our photographers and remember, there's no obligation to purchase any pictures taken.

Gallery Times: 8:00am-11:00am &

6:00pm-11:00pm

Portrait Times: 6:00pm-10:00pm

Crystal Atrium, Deck 7 Mid.

Instant Wins

Try your luck with Instant Win pull tabs and you can be our next \$2000 winner. Get one Instant Win strip Free with every set. Collect raffle tickets to win a 7-day Cruise for 2.

Instant Wins are available during Bingo today.

5:15pm

Spinnaker Lounge, Deck 13, Fwd

Get \$100 Reward to Cruise again!

Come cruise again with NCL in the next 2 1/2 years and receive \$100 off your onboard account tonight. Place a \$250 deposit to reserve your next cruise by filling out a Cruise Rewards deposit form. You don't have to book a cruise now; you do this at home wherever you find the best rate. Each Cruise Rewards filled out tonight will give you \$100 off your onboard account.

6:00pm-8:00pm

Crystal Atrium, Deck 7, Mid



Freestyle Daily Activities



Stuff for "morning people"...

- Bridge Viewing Room
- Body Waves Cycling (Fee)
- Beach Items for Sale
- Tennis Play with your Fellow Guests & Cruise Staff
- Tree Tops Kid's Club is Open
- Bowling Alley (Must be 6 years or older to play) \$5/game
- Informal Bridge Play with your Fellow Guests
- Tender Tickets are Available
- Wii by Nintendo - Golf Chip in Challenge (Adults Only)
- Rock Climbing Wall (weather permitting)
- Sports Court Open
- Port Play Group Fun (\$5/hour) - Sign up in advance
- Basketball Free Play with your Fellow Guests
- Chess Play with your Fellow Guests
- Caribbean Vibes - Caribbean BBQ Music
- Yoga Class (Fee)
- Ping Pong with your Fellow Guests

- Portside, Deck 11, Fwd
- Fitness Center, Deck 12, Fwd
- Crystal Atrium, Deck 7, Mid
- Sports Court, Deck 13, Aft
- Deck 12, Mid
- Bliss Ultra Lounge, Deck 7, Aft
- Card Room, Deck 12, Fwd
- Crystal Atrium, Deck 7, Mid
- Crystal Atrium, Deck 7, Mid
- Deck 14, Aft
- Deck 13, Aft
- Tree Tops, Deck 12, Mid
- Sports Court, Deck 13, Aft
- Card Room, Deck 12, Fwd
- Ashore on Great Stirrup Cay
- Ashore on Great Stirrup Cay (behind the Medical Centre)
- Ashore on Great Stirrup Cay
- Sunrise-Sunset
- 8:00am
- 8:00am-10:00am
- 8:30am-10:30am
- 9:00am-10:00am
- 9:00am-Whenever
- 9:30am
- 10:00am
- 10:00am-Noon
- 10:00am-Noon
- 10:00am-5:00pm
- 10:00am-6:00pm
- 10:30am-2:30pm
- 11:00am
- 11:00am-5:00pm
- 11:30am
- 11:30am-3:00pm

Add pizzazz to your afternoon...

- Beach Volleyball with your Fellow Guests & Cruise Staff
- Norwegian Gem Olympic Fun Games
- Caribbean Line Dancing with Caribbean Vibes
- Scrabble Play with your Fellow Guests
- Family Ping Pong with the Cruise Staff
- Giant Chess Play with your Fellow Guests
- Casinos At Sea Slots & Blackjack Tournaments
- Rock Climbing Wall (weather permitting)
- Modal Magic - Dance Hits
- Frank's Place - Continuous Music of Sinatra
- Afternoon Trivia with the Cruise Staff
- Seminar: Eat More to Weigh Less
- Friends of Bill W.
- White Hot \$5,000 Mega Jackpot Bingo
- Body Waves Pilates (fee)

- Ashore on Great Stirrup Cay
- Ashore on Great Stirrup Cay (meet at Volleyball Court)
- Ashore on Great Stirrup Cay
- Card Room, Deck 12, Fwd
- Ashore on Great Stirrup Cay
- Starboard side, Deck 13, Mid
- Gem Club Casino, Deck 6, Fwd
- Deck 14, Aft
- Tahitian Poolside, Deck 12, Mid
- Star Bar, Deck 13, Mid
- Bar Central, Deck 6, Mid
- Fitness Center, Deck 12, Fwd
- Chapel, Deck 13, Fwd
- Spinnaker Lounge, Deck 13, Fwd
- Fitness Center, Deck 12, Fwd
- Noon-5:00pm
- 12:30pm
- 2:00pm
- 2:30pm
- 3:00pm-4:00pm
- 3:30pm
- 4:00pm
- 4:00pm-6:00pm
- 4:00pm-7:00pm
- 4:00pm-8:00pm
- 4:30pm
- 4:30pm
- 5:00pm
- 5:15pm
- 5:30pm

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

- Tree Tops Kid's Club is Open
- Unveiling of Alexandrite Collection
- Thomas Kinkade and Take Off Art Sale
- Ariel Jacobs - Contemporary Piano Vocals
- Furioso - Elegant Strings
- Spotlight Showtime: Jane L. Powell
- James Capik - Guitar Vocals
- Singles Socials with your Fellow Guests
- Matt Clark - A Special Cabaret
- Cigars and Cognac under the Stars
- Adult Disco with DJ Pedro
- Stacy Ward MacAdams - Contemporary Piano Vocals
- Spotlight Showtime: Jane L. Powell
- Karaoke - Tonight you are the Star
- Friends of Dorothy L.G.B.T. Mixer
- Ariel Jacobs - Contemporary Piano Vocals
- Late Night Fun Zone
- White Hot Party
- Paradise Lottery (Jackpot is over \$227,000!)
- White Hot Fog After Party

- Deck 12, Mid
- Colombian Emeralds, Deck 7, Fwd
- Art Gallery, Deck 7, Aft
- Bar Central, Deck 6, Mid
- Crystal Atrium, Deck 7, Mid
- Stardust Theater, Deck 6 & 7, Fwd
- Star Bar, Deck 13, Mid
- Star Bar, Deck 13, Mid
- Spinnaker Lounge, Deck 13, Fwd
- The Great Outdoors, Deck 12, Aft
- Bliss Ultra Lounge, Deck 7, Aft
- Bar Central, Deck 6, Mid
- Stardust Theater, Deck 6 & 7, Fwd
- Spinnaker Lounge, Deck 13, Fwd
- Bliss Ultra Lounge, Deck 7, Aft
- Crystal Atrium, Deck 7, Mid
- Tree Tops Kids Club, Deck 12, Mid
- Spinnaker Lounge, Deck 13, Fwd
- Gem Club Casino, Deck 6, Fwd
- Bliss Ultra Lounge, Deck 7, Aft
- 6:00pm-10:30pm
- 6:30pm
- 6:30pm-9:30pm
- 7:00pm-9:00pm
- 7:00pm-10:00pm
- 7:30pm
- 8:00pm-Whenever
- 8:15pm
- 8:30pm
- 9:00pm-Whenever
- 9:00pm-Whenever
- 9:15pm-Whenever
- 9:30pm
- 9:30pm-10:15pm
- 10:00pm
- 10:15pm-Whenever
- 10:30pm-1:30am
- 10:30pm-Whenever
- 11:30pm
- Midnight-Whenever

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
Bali Hai Bar & Grill Deck 13, Fwd	2:00pm - Whenever
Bliss Ultra Lounge Deck 7, Aft	5:00pm - Whenever
Great Outdoors Bar Deck 12, Aft	2:00pm - Whenever
Star Bar (Frank's Place) Deck 13, Mid	5:00pm - Whenever
Spinnaker Lounge Deck 13, Fwd	4:00pm - Whenever
Magnums & Shakers Bar Deck 6, Mid	4:00 pm - 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	8:00am - 10:00am 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	6:00pm - 9:00pm
-------------	-----------------

Gem Club Casino

Deck 6, Fwd	9:00am - Close
-------------	----------------

Gift Shops

Deck 7, Fwd	6:00pm - Midnight
-------------	-------------------

Yin & Yang Spa & Salon

Deck 12, Fwd	8:00am - 10:00pm
--------------	------------------

Photo Gallery

Deck 7, Aft	8:00am - 11:00am 6:00pm - 11:00pm
-------------	--------------------------------------

Onboard Credit Desk

Deck 7, Mid	8:00am - 11:00pm 6:00pm - 8:00pm
-------------	-------------------------------------

Cruise Consultant

Deck 7, Mid	6:00pm - 8:00pm
-------------	-----------------

Shopping Consultant

Reception Desk, Deck 7, Mid	5:30pm - 6:30pm
-----------------------------	-----------------

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	9:00am - 2:00pm
---------------------------	-----------------

Reception Desk, Deck 7, Mid	5:00pm - 9:30pm
-----------------------------	-----------------

Freestyle Dining

Getting Started

Early Risers Deck 12, Mid	6:00am - 7:00am
The Grill* Deck 12, Mid	7:00am - 11:00am
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

Island BBQ Great Stirrup Cay	Noon - 2:30pm
Garden Café Deck 12, Mid	Noon - 2:30pm
The Grill* Deck 12, Mid	12:30pm - 5:00pm
Great Outdoors* Deck 12, Aft	2:30pm - 5:30pm

What are you in the mood for?

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

* 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. For ultra-casual dining after 5:30pm (tank tops, shorts, etc.) please feel free to check-out the Garden Café.

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 W2-G tax withholding. Only cigarette smoking is allowed in the casino.

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

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.

