

Freestyle Daily



NORWEGIAN CRUISE LINE
FREESTYLE CRUISING

Norwegian Gem

Wednesday, February 25th, 2009
Nassau, Bahamas

Today's Forecast
Cloudy 76F/22C

Sunrise
6:37am

Sunset
6:09pm

Arrival Time
8:00am

All Aboard
11:30pm

Tip of the day

Welcome to Nassau, Bahamas! All Guests should be aboard at 11:30pm. 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 Magic and Comedy of Bob and Sarah Trunell

Award-winning Magician, Bob Trunell combines, spectacular illusion, mystifying magic and hilarious audience participation to create an amazing and amusing show. The perfect blend of magic and comedy. This is a show you don't want to miss!

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

Island Deck Party

It's time to get "Hot, Hot, Hot" with your Cruise Staff for one of the biggest outdoor parties of the cruise. Enjoy the Calypso beats of Caribbean Vibes, as well as exotic drinks, fun games and an open dance floor under the stars. Watch for the crowning of Mr. Norwegian Gem and be sure to bring your cameras.

10:00pm, Tahitian Poolside, Deck 12, Mid

What's on tap today

Shore Excursions: Explore Freeport.

Spend your day tomorrow relaxing on a beach, or you can get up close with the dolphins! For the more adventurous, you can take part in our kayaking & biking tours.

Take a stroll to the Shore Excursions Desk, Deck 7, Crystal Atrium to book your excursion today.

6:00pm-8:00pm or use the convenient iTV in your stateroom.

Note: Shore Excursion Staff will be on the pier for any last minute bookings!

The Second City Scriptless:

NCL is proud to present Chicago's famed Comedy Troupe which launched the careers of Bill Murray, Martin Short & John Belushi. The Second City will entertain you with an improvised show based on your suggestions. (Family friendly show).

8:30pm, Spinnaker Lounge, Deck 13, Fwd

Don't miss this!

Rock Night under the Stars: Join our special guest band Kartune for a great night of classic rock music as they take you back to the great sounds of Journey, Bon Jovi, Guns & Roses and more.

11:30pm, Tahitian Poolside, Deck 12, Mid

Behind the Scenes Tour:

Would you like to visit the "behind-the-scenes" 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. Last chance to sign up for tomorrow's tour. (Fee applies). Sign up at the Reception, Deck 7, Mid.

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!

7:00pm-8:15pm, Spinnaker Lounge, Deck 13, Fwd

Guitarist Extraordinaire: Come and experience an intimate atmosphere with James Capik as he performs the best music hits.

8:00pm-Whenever, Star Bar, Deck 13, 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.

Nassau, Bahamas

To the casual observer in Bahamas, the British influence is easy to see. The automobile drivers on the left side of the road, the starched uniforms of the Royal Bahamian Police Force, the changing of the guard ceremony at Government House - these things show that Great Britain has played a big role in the Bahamas. West Africa has shaped this area, too. Among other things, it's evident in the compellingly rhythmic Junkanoo festival, the rousing spirituals at church services and the Bahamian specialty of Johnny cake. Although Bahamas has been influenced by other countries, such as the United States of America and Haiti, its culture is distinctly Bahamian - a unique blend of British and African customs, traditions, and beliefs. The fine harbor of Nassau lies on the 21 mile-long island of New Providence. Tiny Paradise Island protects the Nassau harbor for a three-mile stretch. This sheltered harbor attracted settlers from the early days. Since Nassau is the capital city of The Islands Of The Bahamas and has always contained most of the country's population, its history is intricately woven into the country's history.

In case of an emergency:
United Shipping Co. Ltd
Phone: (242) 393 2564 Alfred
Dorsett
operations@unitedshippingnas
sau.com

Bar Manager's Specials

Drink of the Day: "Going Coco Nuts" \$7.95 served in a souvenir glass

Fruit Smoothie: "Melon Madness" with Alcohol \$8.95 served in a souvenir glass

Coffee of the Day: "Spanish Coffee" \$5.75

Daily Non-Alcoholic: "Billy Bunter" \$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,

I enjoy wine with dinner and have heard about "The Aroma Wheel". What is it?

Your taste buds can discern only four flavors - sweet, sour, salt and bitter - while your nose can distinguish thousands of variations. The University of California at Davis came up with 12 major categories, 29 subcategories, and 94 specific terms for the aroma of wine. The original "wheel" was circular, with similar smells placed close together around its circumference.

The more common aromas include: fruity, vegetative, nutty, caramelized, woody, floral, and spicy. Less common aromas include earthy, chemical, sherry, pungent, and even microbiological. Make sure to "swish" the wine in your mouth so all your taste buds (and your sense of smell) participate in the detection of the wine's finer flavors.

Ask your server to help pair a wine with your dinner.

Colombian Emeralds International

Find out how you can receive up to \$500 worth of free jewelry when you make a purchase of over \$100- ask our staff in store for details of this fantastic offer.

7:00pm-Midnight

Colombian Emeralds International, Deck 7, Fwd

Yin & Yang Spa

Try some of our state of the art facials. The Elemis Oxyderm will hydrate your skin and enhance anti aging for the skin with a reduction of fine lines. Results will last up to 4 weeks (also perfect for men). Don't forget to ask about our men's grooming program. Call #12200.

8:00am-10:00pm

Yin & Yang Spa, Deck 12, Fwd

Internet Café & Wireless Access

50% OFF timecharges!

Login today between 4:00pm-6:00pm to take advantage of this great offer!!!

Promotion does not apply to Activation Fee, application charges or new Time Plan purchases. Credit will be given in full-minute increments. Minutes need to be used in the same session. Simply see Internet Manager Mihai between 4:00pm-6:00pm.

Specialty Restaurants

Cagney's Steakhouse: an upscale dining experience with very appetizing seafood and Premium Gold Angus Beef, simply the finest beefs to be found anywhere. For reservations, dial 050.

Cagney's Restaurant, Deck 13, Mid

Park West Art Exhibition

Stop by the onboard Art Gallery to view a collection of original artworks by a variety of artists; old masters such as Rembrandt and Dali along with living masters such as Agam, Tarkay and Peter Max.

Art Directors available for consultations or questions tonight 7:30pm-9:30pm.

Gem Club Casino

New CAS members earn 5 Seabucks from 9:00pm-Midnight & get \$10 of Free Slot Play. Another Paradise Lotto drawing at 11:30pm; Jackpot is well over \$228,000! Visit our variety of slot machines in the Bliss Lounge on Deck 7, Aft. Sign up in advance for tomorrow's Texas Hold'Em tournament. 7:00pm (approx.)-Whenever Gem Club Casino, Deck 6, Fwd

Trade Routes Boutiques

Liquor Tasting tonight from 7:30pm-8:30pm, don't miss your chance to try before you buy. Also remember that all liquor purchases made onboard have the chance to win 50% off. The draw will take place on the last sea day at 4:00pm.

7:00pm-Midnight

Trade Routes Boutique, Deck 7, Fwd

Photo Gallery

Did you miss your embarkation photo or do you finally have that tan you were hoping for? Join us tonight on our Green Screen backdrop, we can transport you to far away places or even teach you how to surf! Have fun with the photographers and remember, there's no obligation to purchase any pictures taken. Gallery Times: 6:00pm-11:00pm
Portrait Times: 6:00pm-10:00pm
Crystal Atrium, Deck 7 Mid.

Shopping Consultant

Today is your "One Chance" Shopping Day. You have one chance this week to visit some of the biggest and best stores that make the Caribbean the "Mecca of Shopping." Be sure to leave the ship with your VIP cards and Shopping Maps to guarantee the absolute best prices in each store on your shopping map.

Get \$100 Reward to Cruise again!

Come Cruise again with NCL in the next 2 ½ 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. 5:00pm-6:30pm

Crystal Atrium, Deck 7, Mid



Freestyle Daily Activities



Stuff for "morning people"...

Bridge Viewing Room
 Early Morning Stretch
 Port Play Group Fun (\$5/hour) - Sign up in advance
 Fun Fitness Circuit
 Tennis Play with your Fellow Guests & Cruise Staff
 Bowling Alley (Must be 6 years or older to play) \$5/game
 Fab Abs Core Class
 Morning Trivia with your Cruise Staff
 Rock Climbing Wall (weather permitting)
 Sports Court Open
 Shuffleboard with your Fellow Guests & Cruise Staff
 Chess Play with your Fellow Guests
 Basketball Shoot Out with your Cruise Staff

Portside, Deck 11, Fwd
 Fitness Center, Deck 12, Fwd
 Tree Tops, Deck 12, Mid
 Fitness Center, Deck 12, Fwd
 Sports Court, Deck 13, Aft
 Bliss Ultra Lounge, Deck 7, Aft
 Fitness Center, Deck 12, Fwd
 Bar Central, Deck 6, Mid
 Deck 14, Aft
 Deck 13, Aft
 Starboard, Deck 7, Promenade
 Card Room, Deck 12, Fwd
 Sports Court, Deck 13, Aft

Sunrise-Sunset
 7:30am
 8:00am-7:30pm
 8:30am
 8:30am-10:30am
 9:00am-Whenever
 9:30am
 9:30am
 10:00am-Noon
 10:00am-5:00pm
 10:30am
 11:00am
 11:30am-Noon

Add pizzazz to your afternoon...

Informal Bridge Play with your Fellow Guests
 Wii by Nintendo Family Wii Sports Boxing & Tennis
 Scrabble Play with your Fellow Guests
 Monopoly Play with your Fellow Guests
 Giant Chess Play with your Fellow Guests
 Adult Soccer Tournament with your Cruise Staff
 Rock Climbing Wall (weather permitting)
 Modal Magic - Poolside Music
 Afternoon Trivia with your Cruise Staff
 Friends of Bill W.
 Frank's Place - Continuous Music of Sinatra

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

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

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

Furioso - Elegant Strings
 Karaoke - Tonight you are the Star
 Ariel Jacobe - Piano Melodies
 Gem Club Casino opens
 Spotlight Showtime: The Magic and Comedy of Bob & Sarah
 Liquor Tasting
 Art Exhibition
 Tree Tops Kid's Club is Open
 James Capik - Guitar Vocals
 Singles Socials with Your Fellow Guests
 The Second City: Family Friendly Improvisation
 Stacy Ward MacAdams - Contemporary Piano Vocals
 Cigars and Cognac Under the Stars
 Adult Disco with your DJ Pedro
 Ariel Jacobe - Cocktail Piano
 Spotlight Showtime: The Magic and Comedy of Bob & Sarah
 Glenn Miller Tribute with the Norwegian Gem Showband
 Caribbean Vibes - Calypso Music
 Island Deck Party
 Friends of Dorothy L.G.B.T. Mixer
 Sinatra Melodies with Ariel Jacobe
 Late Night Fun Zone
 Ice Carving Demonstration
 Rock Night with guest band Kartune
 Shadow Dancing with the Gem Production Dancers
 Paradise Lotto Drawing - Jackpot Prize over \$228,000

Bar Central, Deck 6, Mid
 Spinnaker Lounge, Deck 13, Fwd
 Crystal Atrium, Deck 7, Mid
 Gem Club Casino, Deck 6, Fwd
 Stardust Theater, Decks 6 & 7, Fwd
 Trade Routes Boutiques, Deck 7, Fwd
 Art Gallery, Deck 7 Aft
 Deck 12, Mid
 Star Bar, Deck 13, Mid
 Star Bar, Deck 13, Mid
 Spinnaker Lounge, Deck 13, Fwd
 Crystal Atrium, Deck 7, Mid
 Bali Hai, Deck 13, Fwd
 Bliss Ultra Lounge, Deck 7, Aft
 Bar Central, Deck 6, Mid
 Stardust Theater, Decks 6 & 7, Fwd
 Spinnaker Lounge, Deck 13, Fwd
 Tahitian Poolside, Deck 12, Mid
 Tahitian Poolside, Deck 12, Mid
 Bliss Ultra Lounge, Deck 7, Aft
 Bar Central, Deck 6, Mid
 Tree Tops Kids Club, Deck 12, Mid
 Tahitian Poolside, Deck 12, Mid
 Tahitian Poolside, Deck 12, Mid
 Bliss Ultra Lounge, Deck 7, Aft
 Gem Club Casino, Deck 6, Fwd

6:30pm-9:00pm
 7:00pm-8:15pm
 7:00pm-8:30pm
 7:00pm-Whenever
 7:30pm
 7:30pm-8:30pm
 7:30pm-9:30pm
 7:30pm-10:30pm
 8:00pm-Whenever
 8:15pm
 8:30pm
 8:45pm-Whenever
 9:00pm-Whenever
 9:00pm-Whenever
 9:15pm-Whenever
 9:30pm
 9:30pm-Whenever
 9:45pm-11:30pm
 10:00pm
 10:00pm
 10:30pm
 10:30pm-1:30am
 11:00pm
 11:30pm
 11:30pm
 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
Bali Hai Bar & Grill Deck 13, Mid	Noon - Whenever
Bliss Ultra Lounge Deck 7, Aft	5:00pm - Whenever
Great Outdoors Bar Deck 12, Aft	7:00am - 9:30am Noon - 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	4:00pm - 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	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 - 8:00pm
Cruise Consultant Deck 7, Mid	5:00pm - 6:30pm
Gem Club Casino Deck 6, Fwd	7:00pm - Close
Gift Shops Deck 7, Fwd	7:00pm - Midnight
Yin & Yang Spa & Salon Deck 12, Fwd	8:00am - 8:00pm
Photo Gallery Deck 7, Aft	6:00pm - 11:00pm
Onboard Credit Desk Deck 7, Mid	8:00am - 11:00am 7:00pm - 8:00pm
Shopping Consultant, Mid Gangway	8:00am - 10:00am
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 - 6:30am
Garden Café Deck 12, Mid	6:30am - 11:00am
The Grill* Deck 12, Mid	7:00am - 10:00am
Grand Pacific Deck 6, Mid	7:30am - 9:30am
Great Outdoors* Deck 12, Aft	8:00am - Noon

Satisfy your afternoon appetite

Garden Café Deck 12, Mid	11:30am - 2:30pm
Grand Pacific Deck 6, Mid	Noon - 1:30pm
The Grill* Deck 12, Mid	12:30pm - 5:00pm
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

The Grill* Deck 12, Mid	9:30pm - 11:30pm
Blue Lagoon Deck 8, Mid	Always Open

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.