

Freestyle Daily



NORWEGIAN CRUISE LINE
FREESTYLE CRUISING

Norwegian Gem

Thursday, February 26th, 2009
Freeport, Bahamas

Today's Forecast
Mostly Sunny, 70F/24C

Sunrise
6:42am

Sunset
6:15pm

Arrival Time
7:00am

All Aboard
11:30am

Tip of the day

Champagne Cruise Rewards Presentation: Free Champagne and a Free \$100? Come and learn more about NCL's exciting program. Sign up for Cruise Rewards today! 3:00pm in the Crystal Atrium, Deck 7, Mid

Tonight's entertainment

Spotlight Showtime: Get Down Tonight

Join the Norwegian Gem Cast on a trip through time to relive your favorite memories and music of the 1970's. Rock-out tonight with "Soul Train", James Brown and more.

Featuring the Norwegian Gem Showband. Remain after the show for a special thank you from the Captain, Officers, Staff & Crew.

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

New Year's Eve Party:

Join your Cruise Director's Staff as we get ready for the New Year! Great music & fun dances with our night club band Modal Magic. And, we will even do the count down! Put on your dancing shoes and we'll see you on the Dance Floor!

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

What's on tap today

All Aboard: All Guests should be aboard at 11:30am. The Norwegian Gem sets sail at Noon. When going ashore today, please have a photo ID and your key card with you

\$5,000 Mega Jackpot Bingo: You asked we can. This is the last time we will be able to offer this session of Bingo. Take home \$5,000 if you win within the ball limit. If not, we'll keep playing for a juicy cash prize. Join your Cruise Director's Staff for this session of Bingo! Card sales start at 3:45pm.
Spinnaker Lounge, Deck 12, Fwd

Tribute to the Beatles: Join James Capik for an evening of entertainment, drinks and the best Beatles Hits!
11:00pm, 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 & Le Bistro, Deck 6, Mid
From 5:30pm-7:30pm, only.

Don't miss this!

Rock Night Revisited: Join guest band Kartune for another great night of 80's and 90's Classic Hard Rock. If you loved the rock scene of Bon Jovi, AC DC, Def Leppard and more then join us for another fantastic night not to be missed.
9:45pm-11:15pm, Spinnaker Lounge, Deck 13, Fwd

Express Disembarkation: Make your disembarkation much faster and hassle free! Disembark the ship at your leisure between the hours of 9:45am and 11:45am. Guests with special needs, wheelchairs, strollers and guests with walking difficulties, are not recommended to participate in this program as you need to carry all your luggage on your own. Please do not place your luggage outside your stateroom Friday night if you are participating in the Express Walk Off Disembarkation.

Crash Course in the History of Art

Join your Art Auctioneer for a crash course in the art world. From Cave Art to Cubism, from Rembrandt to Rockwell.... all in less than an hour! An interactive and engaging presentation that you do not want to miss.

2:00pm, Crystal Atrium, Deck 7, Mid

James Bond Night: Join the Gem Dancers for this night of intrigue and mystery of James Bond and experience the best of music hits.

12:30am, Bliss Ultra Lounge, Deck 7, Aft

Freeport, Bahamas

Freeport is a city and free trade zone on the island of Grand Bahama, located approximately 100 mi east-northeast of Fort Lauderdale, Florida and gives its name to a district of the Bahamas. Freeport proper has 26,910 people. In 1955, Wallace Groves, a Virginian financier with lumber interests on the island, was granted 50,000 acres of swamp and scrubland by the Bahamian government. On this was built the city of Freeport, which has grown to be the second most populous city in The Bahamas (26,910 in 2000) after the capital, Nassau. The Grand Bahamas Port Authority operates the free trade zone, under the Hawksbill Creek Agreement signed in August of 1955 whereby the Bahamian Government agreed that businesses in the Freeport area will pay no taxes before 2054. Tourism complements trade as a revenue earner in Freeport, with over a million visitors each year. Much of the tourist industry is displaced to the seaside suburb of Lucaya, owing its name (but little else) to the pre-Columbian Lucayan inhabitants of the island. The city is often promoted as "Freeport/Lucaya."

In case of an emergency please contact:

Freeport Ship Services
Phone: (242) 351-4343
E-mail:

ops@freeportshipservices.com

Bar Manager's Specials

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

Fruit Smoothie: "Sunshine Smoothie" \$8.95 (Served in a Souvenir Glass for you to keep)

Love Mojitos? Join your friendly bar staff at the Topsiders Bar, Deck 12, "Mid for a Muddle Your Own Mojito Party".

Cut fruits, fresh mint and the best rums on the ship...you get to do the mixing!

Available for sale only from 1:00pm - 4:00pm today.

Dear Cruise Director,

This was an amazing vacation. We want to come back again soon - any ideas?

Absolutely, where would you like to go, Europe, Alaska, The Caribbean, The Hawaiian Islands, or New England and Canadian coast?

Sign up today for NCL's exciting program, Cruise Rewards.

NCL now offers \$100 off your current onboard account when you sign up for the Cruise Rewards Program - It's easy, simply fill in a cruise rewards form and drop it in at the Reception Desk, Deck 7, Mid today! Cruise Rewards allow you up to 2½ years to sail again.

Cruise Rewards also allow you to take up to 24 months to book your next NCL cruise and reserve your next cruise under the best available promotions directly with your favorite travel agent.

Visit Duncan or Melody at the Cruise Consultant Desk in the Crystal Atrium, Deck 7, Mid between 4:00pm-6:00pm for details.

Colombian Emeralds International

Don't miss our Pearl & Alexandrite Seminar in the Crystal Atrium at 4:30pm and afterwards make sure you stop by and see our 50% off fresh Water Pearl Collection, available for one day only. Le Monde is the most spectacular travel souvenir. Customize your Le Monde "Travel Memory Globe" with Diamonds and precious stones to create a family heirloom unique to each individual. Cruise Special: two free gemstones set in your Globe!
1:00pm-Midnight
Colombian Emeralds International, Deck 7, Fwd

Yin & Yang Spa

Medi-Spa and Lip Enhancement in 30 minutes. These are safe and effective. Experience the youth-enhancing benefits of BOTOX® Cosmetic and Restylane® and return home looking visibly younger. Treatments administered by our Medi-Spa Physician, Dr..Dhillon.
8:00am-8:00pm
Yin & Yang Spa, Deck 12, Fwd

Art Exhibition – Auction Preview

Come and view Museum Quality, Original, hand signed works by the 'Crème de la Crème' of the Art World.
See Picasso, Dali, Chagall, Rembrandt, Peter Max, Romero Britto and many more!
Preview a small selection of the over 500 artworks that will be featured at tomorrow's Final Art Auction.
7:30pm-9:30pm, Art Gallery, Deck 7 Aft

Internet Café & Wireless Access

Still a great time to surprise your loved ones with an e-mail update and start planning pick-up arrangements! Visit the Internet Center located on Deck 7, Atrium. Open 24 hours a day.
Desk Hours: 8:00am-10:00pm,
2:00pm-5:00pm & 8:00pm-10:00pm
Internet Café, Deck 7, Mid

Shore Excursions

Your friendly and knowledgeable Shore Excursion Staff will be available on the pier for any last minute bookings of our great tours in Freeport. If you need a ride to the Airport, come see us at the Shore Excursion Desk, Deck 7, Crystal Atrium from 3:00pm-5:00pm today.

Gem Club Casino

Join us today for another No Limit Texas Hold'Em Tournament starts at 3:00pm. Registration opens at 2:30pm. Quick rounds of Slots & Blackjack Tournaments at 1:30pm. Paradise Lotto Live Drawing at 11:30pm, not to be missed! Be our Hot seat winner at Midnight. \$20 free slot play & \$20 single bet voucher to be given away.
12:30pm (approx.)-Whenever
Gem Club Casino, Deck 6, Fwd

Trade Routes Boutiques

Today is Bijoux Ternier Madness. All Bijoux items only \$10 each: sunglasses, pashminas, jewelry sets, bags, wallets and much more. Don't miss this great offer for today only.
1:00pm-Midnight
Trade Routes Boutique, Deck 7, Fwd

Photo Gallery

Today's Specials: Buy any 3 of last nights portraits and receive a beautiful Folio Frame with a picture of the ship free; Or buy four 8X10's and receive the fifth portrait free.
Gallery Times: 2:30pm-11:00pm
Portrait Times: 6:00pm-10:00pm
Crystal Atrium, Deck 7 Mid.

Shopping Consultant

Join Todd your Shopping Consultant in Colombian Emeralds for a great Power Hour. He will be available to answer questions and assist you with your purchases. Ask to see Alexandrite, the world's rarest gemstone and original June birthstone. It's also the only naturally color changing gemstone in the world.
4:30pm-5:30pm
Colombian Emeralds, Deck 7 Fwd

Champagne Cruise Rewards Presentation

Free Champagne and a Free \$100? Learn about the NCL fleet and how to get \$100 Free while onboard at 3:00pm in the Crystal Atrium, Deck 7, Mid. Don't miss out, sign up for Cruise Rewards today!



Freestyle Daily Activities



Stuff for "morning people"...

- Bridge Viewing Room
- Port Play Group Fun (\$5/hour) - Sign up in advance
- Early Morning Stretch
- Tennis Play with your Fellow Guests & Cruise Staff
- Bowling Alley (Must be 6 years or older to play) \$5/Game
- Morning Trivia with your Cruise Staff
- Bridge Play with your Fellow Guests
- Rock Climbing Wall (weather permitting)
- Caribbean Vibes - Freeport Sailaway Music

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

- Sunrise-Sunset
- 7:00am-Noon
- 7:30am
- 8:30am-10:30am
- 9:00am-Whenever
- 9:30am
- 10:00am
- 10:00am-Noon
- 11:30pm-2:00pm

Add pizzazz to your afternoon...

- Wii by Nintendo - Adult Wii Fit Aerobics
- Tree Tops Kid's Club is Open
- NCL "U" Lecture: Power up your Microsoft PowerPoint
- Mojito Muddling
- Bijoux Termer madness
- Casinos At Sea Slots & Blackjack Tournament
- Towel Folding Demo with the Housekeeping Staff
- Basketball Play with your Fellow Guest & Cruise Staff
- Crash Course in the History of Art
- French Wine Tasting (\$15)
- NCL "U" Destinations Lecture: Art of the Caribbean
- Cruise Rewards Presentation
- Seminar: Pain Relief with Acupuncture
- Casinos At Sea Texas Hold'Em Tournament
- Caribbean Vibes - Dance Music
- Adult Soccer Tournament with your Cruise Staff
- \$5,000 Mega Jackpot Bingo
- Seminar: Burn Fat Faster
- Margarita Tasting (\$15)
- Rock Climbing Wall (weather permitting)
- Frank's Place - Continuous Music of Sinatra
- Pearl & Alexandrite Seminar
- Body Waves Yoga (fee)
- Friends of Bill W.

- Crystal Atrium, Deck 7, Mid
- Deck 12, Mid
- Rialto Room, Deck 6, Port, Fwd
- Topsider Bar, Deck 12, Mid
- Trade Routes Boutiques, Deck 7, Fwd
- Gem Club Casino, Deck 6, Fwd
- Spinnaker Lounge, Deck 13, Fwd
- Sports Court, Deck 13, Aft
- Crystal Atrium, Deck 7, Mid
- Le Bistro, Deck 6, Mid
- Spinnaker Lounge, Deck 13, Fwd
- Crystal Atrium, Deck 7, Mid
- Meet at Yin & Yang Spa, Deck 12, Fwd
- Gem Club Casino, Deck 6, Fwd
- Tahitian Pool, Deck 12, Mid
- Sports Court, Deck 13, Aft
- Spinnaker Lounge, Deck 13, Fwd
- Fitness Center, Deck 12, Fwd
- Tequila, Deck 8, Mid
- Deck 14, Aft
- Star Bar, Deck 13, Mid
- Crystal Atrium, Deck 7, Mid
- Fitness Center, Deck 12, Fwd
- Chapel, Deck 13, Fwd

- Noon-1:45pm
- Noon-10:30pm
- 1:00pm
- 1:00pm-4:00pm
- 1:00pm-Midnight
- 1:30pm
- 1:30pm-2:30pm
- 2:00pm
- 2:00pm
- 2:30pm
- 3:00pm
- 3:00pm
- 3:00pm
- 3:00pm-5:00pm
- 3:30pm-4:30pm
- 3:45pm
- 4:00pm
- 4:00pm
- 4:00pm-6:00pm
- 4:00pm-8:00pm
- 4:30pm
- 5:00pm
- 5:00pm

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

- Gravity: Full Body Power Blast (fee)
- Ariel Jacobe - Contemporary Piano Vocals
- Furioso - Elegant Strings
- Spotlight Showtime: Get Down Tonight
- Art Exhibition
- James Capik- Guitar Vocals
- Singles Socials with your Fellow Guests
- Karaoke Blast with your Cruise Staff
- Cigars and Cognac Under the Stars
- Adult Disco with DJ Pedro
- Stacy Ward MacAdams - Piano Vocals
- Spotlight Showtime: Get Down Tonight
- Rock Night Revisited with special guest band Kartune
- Friends of Dorothy L.G.B.T. Mixer
- Ariel Jacobe - Contemporary Piano Vocals
- Chocoholic Buffet
- Late Night Fun Zone
- Paradise Lotto Drawing (Jackpot Prize over \$228,000)
- New Year's Eve Party with Modal Magic
- James Bond Night
- Shadow Dancing with the Gem Production Dancers

- Fitness Center, Deck 12, Fwd
- Bar Central, Deck 6, Mid
- Crystal Atrium, Deck 7, Mid
- Stardust Theater, Decks 6 & 7, Fwd
- Art Gallery, Deck 7 Aft
- Star Bar, Deck 13, Mid
- Star Bar, Deck 13, Mid
- Spinnaker Lounge, Deck 13, Fwd
- Bali Hai Bar, 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
- Bliss Ultra Lounge, Deck 7, Aft
- Crystal Atrium, Deck 7, Mid
- Garden Café, Deck 12, Mid
- Tree Tops Kids Club, Deck 12, Mid
- Gem Club Casino, Deck 6, Fwd
- Spinnaker Lounge, Deck 13, Fwd
- Bliss Ultra Lounge, Deck 7, Aft
- Bliss Ultra Lounge, Deck 7, Aft

- 6:00pm
- 7:00pm-9:00pm
- 7:00pm-10:00pm
- 7:30pm
- 7:30pm-9:30pm
- 8:00pm-Whenever
- 8:15pm
- 8:45pm-9:30pm
- 9:00pm-Whenever
- 9:00pm-Whenever
- 9:15pm-Whenever
- 9:30pm
- 9:45pm-11:15pm
- 10:00pm
- 10:15pm-Whenever
- 10:30pm-11:30pm
- 10:30pm-1:30am
- 11:30pm
- 11:30pm-Whenever
- 12:30am
- 12:45am

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	Noon - Whenever
Bliss Ultra Lounge Deck 7, Aft	2:00pm - Whenever
Great Outdoors Bar Deck 12, Aft	7:00am - 9:30am Noon - Whenever
Star Bar (Frank's Place) Deck 13, Mid	3:00pm - Whenever
Spinnaker Lounge Deck 13, Fwd	1:00pm - Whenever
Magnums & Shakers Bar Deck 6, Mid	1:00pm - Whenever
Maltings Beer & Whiskey Bar Deck 6, Mid	3:00pm - Whenever
Tequila Bar, Deck 8, Mid	Noon - Whenever

Guest Services

Reception Desk Deck 7, Mid (#00)	Open 24 Hours
Internet Café Internet Manager Deck 7, Mid	Open 24 Hours 8:00am - 10:00am 2:00pm - 5:00pm 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	3:00pm - 5:00pm
Gem Club Casino Deck 6, Fwd	2:30pm - Close
Gift Shops Deck 7, Fwd	1:00pm - Midnight
Yin & Yang Spa & Salon Deck 12, Fwd	8:00am - 8:00pm
Photo Gallery Deck 7, Aft	2:30pm - 11:00pm
Onboard Credit Desk Deck 7, Mid	7:00am - 10:00am 4:00pm - 7:00pm
Cruise Consultant Deck 7, Mid	4:00pm - 6:00pm
Shopping Consultant Colombian Emeralds, Deck 7, Fwd	4:30pm - 5:30pm
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 Crystal Atrium, Deck 7, Mid	9:30am - 2:00pm 5:00pm - 9:30pm

Freestyle Dining

Getting Started

Early Risers Deck 12, Mid	6:00am - 6:30am
Garden Café Deck 12, Mid	6:30am - 10:30am
The Grill* Deck 12, Mid	7:00am - 10:00am
Great Outdoors* Deck 12, Aft	7:00am - 11:30am
Grand Pacific Deck 7, Aft	7:30am - 9:30am

Satisfy your afternoon appetite

BBQ* Poolside, Deck 12, Mid	11:30am - 1:30pm
Garden Café Deck 12, Mid	11:30am - 2:30pm
Grand Pacific Deck 7, Aft	Noon - 1:30pm
Great Outdoors* Deck 12, Aft	Noon - 2:30pm
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?

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
Garden Café, Deck 12, Mid	10:30pm - 11:30pm

Chocoholic Buffet

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 Outdoor* 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 - 10:30am
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.

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.



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.