

# Freestyle Daily

## Norwegian Epic Day 6

### Tonight's Entertainment

#### Legends in Concert

See the world's greatest celebrity impersonators live, as they pay homage to such legendary stars as Elvis Presley, Tina Turner and Madonna. Catch the dazzling performance of this acclaimed musical extravaganza! Video and photography is strictly prohibited and please be advised that beverages are not to be brought to the Theater. Book tickets through iTV. Late comers will not be accommodated so please be on time.  
Time: 7:00pm & 9:45pm, Epic Theater, Deck 6, Fwd - doors open 30 minutes before show

#### Cirque Dreams™ & Dinner

The evening's special is... opulent eccentricity à la entertainment extravaganza presented by an array of world class talent, Broadway acrobatics, a touch of whimsy and tasteful participation. Enter a world where personality and presentation are served with spectacle and celebration in an unforgettable dining sensation under the first big top at sea. Video and photography is strictly prohibited. If your party size is more than 8 people, please be at the doors at 5pm or 8:15pm. Late comers will not be accommodated so please be on time.  
Time: 5:30pm & 8:45pm, Spiegel Tent, Deck 6, Fwd - doors open 30 minutes before show

#### Howl at the Moon

Be ready to live out your inner rock star at The World's Greatest Rock N' Roll Dueling Piano Bar! Howl at the Moon has been rocking cities for years and they now bring their world famous entertainment to Norwegian Epic. From 70's rock to hip hop, you say it - we play it! Our entertainers will have you singing, dancing, and howling all night long. After 11:00pm, this venue is recommended for those 18 years and over only.  
Time: 9:00pm-1:00am, Headliners, Deck 6, Fwd

#### Dancing with the Epic Stars

It's the latest dance craze that's exploded onto the Epic dance floor. This is your chance to team up with our "Stars" and compete for the prestigious title of 2010 Dance Champions. (Please sign-up with your Cruise Director's Staff before the show.) Please note that a dress code is in effect and guests wearing shorts will not be granted entry.  
Time: 10:00pm, Manhattan Room, Deck 6, Aft

### Seize the Day

#### Meet & Greet Nickelodeon Characters:

Get your autograph books out and your cameras ready. It's time to meet and greet some of your favorite Nickelodeon Characters.

Time: 1:00pm

Bliss Ultra Lounge, Deck 7, Fwd

**Nick LIVE! Poolside:** The mess is hitting the deck! Nick LIVE! Poolside pulls contestants right out of the audience to compete in outrageous Nickelodeon challenges. Pie in the face, anyone?

Time: 4:30pm

Poolside, Deck 15, Mid

### Music Everywhere

#### Fat Cats Blues Bar, Deck 6, Aft

Siam Allen Blues Band - 9:00pm to 1:00am

#### Atrium, Deck 5, Mid

Wildfire Duo - 7:00pm to 11:00pm

Beatles Tribute with Wildfire - 8:00pm to 9:00pm

#### The Perfect Couple Game Show:

Tonight, join Mike, your Assistant Cruise Director as couples compete in a series of challenges to see how far they will go to be crowned the most perfect pair at sea. Get ready to laugh!

Time: 8:30pm

Spice H<sub>2</sub>O, Deck 15, Aft

**"Thirst":** A *Twilight*-inspired event exclusively for teens. The Bliss

Lounge transforms as teens experience the music of Underworld and Evanescence. One night only!

Time: 9:00pm-10:30pm

Bliss Lounge, Deck 7, Fwd

#### Manhattan Room, Deck 6, Aft

Evening Mixing - 7:00pm to 9:30pm

#### Shakers Martini Bar, Deck 7, Mid

Piano Man Bernie Martini - 8:30pm to 12:30am

Thursday  
August 19<sup>th</sup>, 2010  
Sea Day

#### Today's Forecast:

Hot & Humid, 81F/26C

#### Sunrise:

6:18am

#### Sunset:

7:20pm

**Tip of the Day:** Looking for the most convenient way to disembark on Saturday? Choose Easy Walk-Off, where you can carry off your own luggage and disembark at your leisure.

#### Meet the Men Behind the Blue!

Join us for a casual conversation with the performers from Blue Man Group as they discuss the origins of the show and the future of the company. Scott Speiser, Dan Cooper and Ed Gregory reveal their personal journey with Blue Man Group and the creative inspiration that drives them. Top priority for these performers is their connection with the audience - you. So, bring your questions, thoughts and feedback for the Q & A session in the Atrium at 3:30pm.

#### Did you know?

- Blue Man Group's theatrical show includes subtle references to some of the greatest artists of the 20th century.
- Blue Man Group received a GRAMMY nomination for their debut album "Audio."

# The Daily Recommend

## Shore Excursions

Still wondering what to do in Nassau? How about swimming with dolphins, an Aquadventure or spectacular snorkeling? Book onboard today as space is limited.  
Time: 10:00am-2:00pm & 4:00pm-8:00pm  
Shore Excursion Desk, Deck 5, Mid

## Mandara Spa

Beauty Before Age – The medi-spa offers the most popular FDA-approved non-surgical cosmetic procedures in the world – Restylane® and BOTOX® Cosmetic. Request your free consultation.  
Time: 8:00am-10:00pm  
Mandara Spa, Deck 14, Aft

## Art Gallery

The Grand Finale Auction is your last chance to collect that artwork you've been eyeing all cruise. With prices from \$100 to \$100,000 there is definitely artwork for all tastes and budgets. Receive a free work of art just for attending. Don't miss out!  
Time: 1:30pm Preview (auction to follow)  
Headliners, Deck 6, Fwd

## Pub Crawl Reunion Tour

Here's to the party people. Back by popular demand: it's 5 bars and only 25 dollars! It's going to be a wild night.  
Time: 9:00pm  
Maltings Bar, Deck 7, Aft

## Cruise Consultant

Future Cruise Presentation - Where are you cruising next, Alaska, Caribbean, Israel, Europe, Panama Canal? Join Jenni for a presentation on future cruising. 2011 Itinerary guides will be available. Get \$100 right now with Cruise Rewards.  
Time: 12:15pm  
Fat Cats, Deck 6, Aft

## Photo Gallery

A vacation onboard the Norwegian Epic is an unforgettable experience that needs to be shared and talked about. The Cruise Memories DVD is your best way to revive the amazing time you had onboard. Order your DVD today and pick it up tomorrow.  
Time: 9:00am-11:00pm  
Photo Gallery, Deck 5, Mid

## Tradewinds Tax & Duty Free Shopping

Clothing Blowout Sale - Never before seen 2 for \$20 t-shirts, caps and 50% off exclusive NCL-branded clothes. There's a size and style for all offered at great prices.  
Time: 9:00am-4:00pm  
Tradewinds Marketplace, Deck 15, Aft

## Port & Shopping

Catch Rudi's Highlights Shopping Talk tomorrow morning before arrival (Fat Cats, 10:45am) for all the insider tips and tricks, quick, fun presentation that will have you informed in less than 20 minutes! Free gifts for attending, Free Diamond Mega Raffle.  
Desk Hours: 7:00pm-8:30pm  
Port Shopping Desk, Deck 5, Mid

## Epic Casino

Last qualifying sessions of the Texas Hold'Em, Slot & Blackjack tournaments. Great cash prizes; sign-up early. Poolside casino opens at 11am (approx.). Paradise lotto jackpot still stands at over \$325,000. Get your tickets early. Only \$2 a panel.  
Time: 9:00am-Close  
Epic Casino, Deck 6, Mid/Aft

## Internet

Buy your 2<sup>nd</sup> or 3<sup>rd</sup> time plan and get a bonus 30 minutes with Time Plan 1 and 15 minutes with Time Plan 2. Please inform the Manager when you have purchased a 2<sup>nd</sup> or 3<sup>rd</sup> plan to receive your credit.  
Manager's Hours: 9:00am-12:00pm, 2:00pm-5:00pm & 7:00pm-10:00pm  
Internet Café, Deck 5, Atrium

## Bingo

Join your Bingo Godfather Michael for the final two most exciting bingo sessions. This is your chance to win loads of cash and a cruise for 2! Bingo that's fun for the whole family, kids always play free!  
Pre-sales start outside lounge at 3:30pm.  
Time: 11:15pm & 4:15pm  
Headliners, Deck 6, Fwd

## Guest Services

Freestyle Disembarkation – Choose your preferred time, and corresponding luggage tags. For 'Easy Walk Off' no need for tags, just carry off your own luggage. Tags will be delivered if you're a guest with NCL transfer, have an NCL Post Cruise Hotel package, or you're going on an excursion. Tags available from: Thursday at 6:00pm.

## Bar Manager's Specials

**Daily Special:** "Blue Lagoon"  
\$7.95 – served in a souvenir glass

**Coffee of the Day:** "Spanish Coffee"  
\$6.75

**Martini Special:** 2-for-1 Martinis in  
Moderno from 5:00pm-7:00pm

**Cocktails & Melodies:** 2-for-1  
Martinis from 6:00pm-8:00pm.  
Fat Cats, Deck 6, Aft

**Smoothie:** "Melon Madness"  
\$8.95 – served in a souvenir glass

**Non-Alcoholic:** "Billy Bunter"  
\$4.50

# The Day Ahead Your Choice

Norwegian Epic

## Day 6

Thursday, August 19<sup>th</sup>, 2010

### A Morning of Possibilities

All Day	Sudoku & Crosswords Available	Bowling Alley
All Day	Giant Chess Play	Promenade
All Day	Shuffleboard	Promenade
7:00am	Stretch & Relax Class	Pulse Fitness
7:00am	Total Body Conditioning	Pulse Fitness
7:30am	Pathway to Yoga *	Pulse Fitness
8:30am	Breakfast with Nickelodeon *	Spiegel Tent
8:45am	TRX Suspension Training Group *	Pulse Fitness
8:45am	Tour de Spin: Time Trial *	Pulse Fitness
9:00am-11:00am	Nintendo Wii on the big screen	Atrium
9:00am-12:00pm	Bowling *	Bliss Lounge
9:00am-1:00pm	Rock & Rappelling Wall	Rock Wall
9:00am-7:00pm	Waterslides	Aqua Park
9:30am	Water Aerobics	Poolside
9:30am	Morning Trivia	Bliss Lounge
9:30am-12:00pm	Sports Open Play	Sports Court
10:00am	Ping Pong Tournament	Spice H <sub>2</sub> O
10:00am	Family Pictionary	Fat Cats
10:00am	Body Sculpt Boot Camp Session 3 *	Pulse Fitness
10:00am-12:00am	Bowling *	O'Sheehan's
10:15am	Jeopardy! Art Style	Headliners
11:00am	Texas Hold'Em Tournament *	Epic Casino
11:00am	Eat More to Weigh Less Seminar	Fat Cats
11:00am-1:00pm	Island Vibes with Flex	Poolside
11:15am	Win a Cruise Bingo *	Headliners
11:30am-1:00pm	Piano Melodies with Dmytri	Atrium

### An Afternoon of Enjoyment

12:00pm	Acupuncture for Arthritis Seminar	Pulse Fitness
12:00pm-1:00pm	Sports Open Play	Sports Court
12:15pm	Future Cruise Presentation	Fat Cats
12:30pm	Murder Mystery Lunch *	Spiegel Tent
1:00pm	Detox for Life Seminar	Pulse Fitness
1:00pm	Nickelodeon Meet & Greet	Bliss Lounge
1:00pm	Slot Tournament * (finals right after)	Epic Casino
1:00pm	Movie: Wall-E (G, 98mins.)	Atrium
1:00pm	Movie: Star Trek (PG13, 127mins.)	Spice H <sub>2</sub> O
1:00pm-3:00pm	Hockey Play	Sports Court
1:15pm-2:15pm	Gibson "Check In & Rock Out" *	Fat Cats
1:15pm	Hairy Chest Competition	Poolside
1:30pm	Grand Finale Art Auction Preview	Headliners
1:30pm-6:30pm	Bowling *	Bliss Lounge
2:00pm	Salsa Dance Class	Bliss Lounge
2:00pm	NCL U Beringer Wine & Food	Moderno
2:00pm-3:30pm	Island Vibes with Flex	Poolside
2:00pm-7:00pm	Rock & Rappelling Wall	Rock Wall
2:15pm	Grand Finale Art Auction	Headliners

\* Denotes a fee for these activities

### An Afternoon of Enjoyment (cont'd)

2:30pm	Destination Lecture: Nassau	Fat Cats
3:00pm	Gravity Group *	Pulse Fitness
3:00pm	Blackjack Tourney* (finals right after)	Epic Casino
3:00pm	TRX Suspension Training Group *	Pulse Fitness
3:00pm	NCL U International Beer Tasting *	Maltings
3:00pm	Basketball Tournament	Sports Court
3:00pm	Anti-Ageing Solutions with Dr. Maria	Fat Cats
3:00pm-7:00pm	Giant Spider Web	Sports Court
3:30pm	Meet the Men Behind the Blue!	Atrium
4:00pm	Are you smarter than a Jr. Cruiser?	Fat Cats
4:00pm	Friends of Bill W.	Le Bistro
4:00pm	NCL U Martini Clinic *	Shakers Bar
4:15pm	Final Jackpot Bingo *	Headliners
4:30pm	Nick LIVE! Poolside	Poolside
4:30pm	Youth Sports Activity	Sports Court
5:00pm	Fab Abs	Pulse Fitness
5:00pm-6:00pm	Poolside Jams with DJ Patrick	Poolside
5:30pm	Cirque Dreams & Dinner *	Spiegel Tent
5:30pm-6:30pm	Solo Traveler Gathering	Living Room
5:30pm-7:00pm	Piano Melodies with Dmytri	Manhattan
5:30pm-8:30pm	Piano Melodies with Ron Brown	Taste

### A Night to Remember

6:00pm	Friends of Dorothy	Fat Cats
6:00pm-10:00pm	Guitar Man David Conley	Maltings
6:30pm	On Screen: U2's Concert	Spice H <sub>2</sub> O
7:00pm	Legends in Concert	Epic Theater
7:00pm	The Second City: Living in America	Headliners
7:00pm-9:30pm	Mixing with Celeb DJ Daddy Dog	Manhattan
7:00pm-11:00pm	Wildfire: Musical Variety Duo	Atrium
8:00pm-9:00pm	Beatles Tribute with Wildfire	Atrium
8:00pm-11:00pm	Ice Skating	Sports Court
8:30pm-12:30am	Piano Man Bernie Martini	Shakers Bar
8:30pm	The Perfect Couple Game Show	Spice H <sub>2</sub> O
8:45pm	Cirque Dreams & Dinner *	Spiegel Tent
9:00pm	Pub Crawl Reunion Tour *	Maltings
9:00pm-10:30pm	"Thirst" - (A Teen-only event)	Bliss Lounge
9:00pm-1:00am	Slam Allen Blues Band	Fat Cats
9:00pm-1:00am	Howl at the Moon	Headliners
9:45pm	Legends in Concert	Epic Theater
10:00pm	Dancing with the Epic Stars	Manhattan
10:00pm-12:00am	Bowling *	Bliss Lounge
10:30pm-11:30pm	Adult Karaoke Madness	Bliss Lounge
11:15pm	Movie: Wall-E (G, 98mins.)	Atrium
11:30pm	South Beach Party with Celeb DJ	Bliss Lounge
11:30pm	Paradise Lotto Draw*	Epic Casino

# Freestyle Dining

Freestyle Dining – it's how Freestyle Cruising began. With no fixed dining times or pre-assigned seating, you'll have more freedom throughout your entire cruise vacation. Included in your cruise fare are complimentary main dining rooms, plentiful buffets, a variety of casual cafés, grills and on-the-go choices. For a cover charge, we also offer a tempting selection of specialty restaurants with different cuisines and atmospheres. There is something for everyone and every occasion. What are you in the mood for?

## The Perfect Start to the Day

Garden Café	Buffet (Deck 15, Fwd)	7:00am-10:30am
Great Outdoors	Buffet (Deck 15, Fwd)	8:00am-11:30am
La Cucina	Continental (Deck 14, Fwd)	8:00am-11:00am
Taste	Breakfast (Deck 5, Aft)	8:00am-10:00am
O'Sheehan's	Breakfast (Deck 6, Mid)	5:00am-11:00am
Spice H <sub>2</sub> O	Continental (Deck 15, Aft)	8:00am-11:00am

## The Best Way to Fill Your Afternoon

Garden Café	Buffet (Deck 15, Fwd)	11:30am-3:00pm
Great Outdoors	Buffet (Deck 15, Fwd)	12:00pm-5:00pm
Murder Mystery (\$15)	Lunch (Deck 6, Fwd)	12:30pm
Noodle Bar - A la carte	Chinese (Deck 6, Aft)	12:00pm-5:00pm
Spice H <sub>2</sub> O	Lunch (Deck 15, Aft)	12:00pm-5:00pm
Taste	Contemporary (Deck 5, Aft)	12:30pm-2:00pm
Wasabi - A la carte		
Yakitori & Sushi	Japanese (Deck 7, Mid)	12:00pm-5:00pm

## The Dinner You Won't Soon Forget

Cagney's (\$25)	Steakhouse (Deck 7, Aft)	5:30pm-10:00pm
Garden Café	Buffet (Deck 15, Fwd)	5:30pm-9:30pm
La Cucina (\$10)	Italian (Deck 14, Fwd)	5:30pm-10:00pm
Le Bistro (\$20)	French (Deck 5, Mid)	5:30pm-10:00pm
Manhattan Room	Supper Club (Deck 6, Aft)	5:30pm-9:30pm
Moderno (\$18)	Churrascaria (Deck 7, Aft)	5:30pm-10:00pm
Noodle Bar - A la carte	Chinese (Deck 6, Aft)	5:00pm-12:00am
Shanghai (\$15)	Asian (Deck 6, Aft)	5:30pm-10:00pm
Spiegel Tent (\$15/\$20)	Circus/Dining (Deck 6, Fwd)	5:30pm & 8:45pm
Spice H <sub>2</sub> O	Snacks (Deck 15, Aft)	6:00pm-Close
Taste	Contemporary (Deck 5, Aft)	5:30pm-10:00pm
Wasabi - A la carte		
Yakitori & Sushi	Japanese (Deck 7, Mid)	5:00pm-12:00am
Teppanyaki (\$25)	Teppanyaki (Deck 7, Aft)	5:00pm-10:00pm

Please note that these charges are per person.

## For the Anytime Appetite

Atrium	Snacks (Deck 5, Mid)	7:00am-Close
Great Outdoors	Snacks (Deck 15, Fwd)	9:30pm-12:00am
O'Sheehan's	Irish Pub (Deck 6, Mid)	Always Open
Pizza 24/7 (\$5)	Delivery Service #066	Always Open
Room Service	Stateroom Delivery #064	Always Open

**Restaurant Reservations & Ice Bar:** Check out all the great restaurants onboard from buffet to Asian and Steakhouse. You can make reservations for all restaurants for your cruise. Visit one of our specialty restaurants tonight for a delicious dinner. The Restaurant Reservations Desk is open from 8:00am-9:30pm in Le Bistro, Deck 5, Mid and the Garden Café, Deck 15, Fwd. Menus are displayed by the reservation desk.

**Dress Code:** Stay relaxed throughout the evening. Resort Casual is allowed in all our dining venues. Shorts are permitted in all outlets except The Manhattan room and Le Bistro after 5:00pm. Shoes and shirt must be worn, no tank tops, flip flops or baseball caps!

**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 before 5 pm on the day of your reservation to avoid having the cover charge for up to two guests applied to your account.

## Bar Services

Atrium Café, Deck 5, Mid	7:00am-Close
Bliss Ultra Lounge, Deck 7, Fwd	5:00pm-Close
Cagney's Bar, Deck 7, Aft	5:30pm-Close
Cascades Bar, Deck 6, Aft	10:00am-Close
Garden Café Bar, Deck 15, Fwd	11:00am-9:00pm
Garden Café/Juice Bar, Deck 15, Fwd	11:00am-Close
Headliners, Deck 6, Fwd	4:00pm-Close
Maltings Beer & Whiskey Bar, Deck 7, Aft	12:00pm-Close
O'Sheehan's Bar & Grill, Deck 6, Mid	11:00am-Close
Shakers Martini Bar, Deck 7, Mid	4:00pm-Close
Spice H <sub>2</sub> O Bar, Deck 16, Aft (18+)	9:00am-Close
SVEDKA Ice Bar, Deck 7, Mid (\$20)	5:30pm-Close
The Studio Lounge, Deck 11, Fwd	4:30pm-11:00pm
Wasabi Sake Bar, Deck 7, Aft	5:00pm-Close
Waves Pool Bar, Deck 15, Fwd	8:00am-Close

## Guest Services

Box Office, Deck 6, Fwd	9:00am-11:00am & 3:00pm-5:00pm
Bridge Viewing Room, Deck 13, Fwd	9:00am-Sunset
Click Photo Gallery, Deck 5, Fwd	9:00am-11:00pm
Cruise Consultant Desk, Deck 5, Mid	10:00am-12:00pm & 2:30pm-6:00pm
Entourage Teen Lounge - Deck 16, Aft	10:00am-1:00am
Guest Service Desk, Deck 5, Mid	Always Open
I-Connect Internet Café, Deck 5, Fwd	Always Open
I-Connect Internet Manager's Hours, Deck 5, Fwd	9:00am-12:00pm & 2:00pm-5:00pm & 7:00pm-10:00pm
Jacuzzis, Deck 15, Mid **	8:00am-12:00am
Jacuzzis Spice H <sub>2</sub> O, Deck 15, Aft ** (18+)	8:00am-12:00am
Bliss Library, Deck 7, Fwd	8:30am-10:30am & 4:00pm-6:00pm
Mandara Spa & Salon, Deck 14, Aft	8:00am-10:00pm
Medical Center, Deck 10, Aft	8:30am-9:30am & 4:00pm-5:00pm
Onboard Credit Desk, Deck 5, Mid	9:00am-12:00pm & 2:00pm-9:00pm
Pool, Deck 15, Mid **	8:00am-10:00pm
Kid's Pool, Deck 15, Mid **	8:00am-7:00pm
Port & Shopping Desk, Deck 5, Mid	7:00pm-8:30pm
Pulse Fitness Center, Deck 14, Mid	6:00am-11:00pm
Recess Kid's Club, Deck 14, Mid	9:00am-10:30pm
Late Night Recess, Deck 14, Mid	10:30pm-1:30am
Sandbar Spirits & Tobacco, Deck 7, Aft	9:00am-11:00pm
Shore Excursion Desk, Deck 5, Mid	10:00am-2:00pm & 4:00pm-8:00pm
Spice H <sub>2</sub> O Pool, Deck 15, Aft ** (18+)	6:00am-7:00pm
The Barber Shop, Deck 7, Aft	8:00am-8:00pm
The Collection Art Gallery, Deck 5, Fwd	6:00pm-10:00pm
The Marketplace, Deck 15, Aft	9:00am-4:00pm
Tradewinds Tax & Duty Free, Deck 7, Mid	9:00am-11:00pm

**Environmental Hotline:** The environmental hotline shall be used only to report actual or potential environmental incidents, spills, and concerns. Please call 1-877-501-5976, the ship Guest Services Desk at 00, or e-mail to [Environmentalhotline@ncl.com](mailto:Environmentalhotline@ncl.com). All reports are confidential. Also please be advised that it is strictly prohibited to disembark the vessel with any food, soil or seeds.

**Safety Equipment:** Please don't remove or meddle with any safety equipment onboard (such as smoke detectors or fire extinguishers). Please follow all safety instructions from the crew. We strongly recommend no running on the open decks except the jogging track on Deck 7.

**Customer Advisory:** There is a risk involved when consuming animal products such as beef, eggs, fish, lamb, poultry or shellfish that is raw or undercooked. There is also a risk involved when consuming un-pasteurized juices. If you have a chronic illness, immune disorder and are unsure of the risk, please consult a physician.

**Show Policy:** Failure to cancel reservations 24 hours in advance for Murder Mystery Lunch, Breakfast with Nickelodeon and Cirque Dreams & Dinner will result in your account being charged the full amount.

All passengers are reminded to maintain a high level of vigilance and to take appropriate steps to increase their security and safety awareness when departing the vessel.

\*\*Weather Permitting