

# FREESTYLE DAILY

**NCL** NORWEGIAN  
CRUISE LINE™

**TODAY'S FORECAST** Cloudy with 60% chance of rain, 84°F/29°C

**SUNRISE** 6:31a

**SUNSET** 5:20p

**ARRIVAL** 8:00a

**ALL ABOARD** 2:30p

## MAKE SOME NEW FRIENDS IN NASSAU.

Ever swim with a dolphin? High-five a sea lion? Or just hang out with a hermit crab? From interactive dolphin and sea lion encounters to snorkeling with tropical fish and other vibrant marine life, we offer plenty of exciting excursions in Nassau. So do something different. Experience something new. And take home a story you'll share for years to come.

**TIME CHANGE:** Please remember to turn your clocks 1 hour forward before going to bed tonight. (Sunday night)

NORWEGIAN SPIRIT

**DAY 2**

**SUNDAY**

**NOVEMBER 22**

Nassau, Bahamas

## GET READY FOR ADVENTURE

Whether you're drawn to beautiful scenery, fascinated by history or craving adventure, take home a story of your own on an exciting Shore Excursion.

### BAHAMAS FUN FACT

Today's forecast: Snow. Not really. But back on January 17 in 1977 a cold wave from South Florida brought unnatural winter weather to the Bahamas. Snow fell on the city of Freeport on Grand Bahama Island. It was the only time in history this ever occurred.

### TOP FIVE SHORE EXCURSIONS

1. Atlantis Aquaventure
2. Seahorse Sail & Snorkel
3. Blue Lagoon Sea Lion Encounter
4. Blue Lagoon Dolphin Encounter
5. Charm & Beauty of the Bahamas

### HOW TO BOOK A SHORE EXCURSION

Don't have a tour on shore? It's not too late to book. Here's how:

- Visit the Shore Excursions Desk
- Use the 24h available Drop Box at the Shore Excursions Desk

### PORT AGENT INFO

United Shipping Co. Ltd.  
Richard Ryan, General Manager  
Mailing address:  
P.O. Box N4005  
Nassau, Bahamas  
Tel: (242) 322-1340 / 1 / 2 / 3  
Fax: (242) 323-8779  
Cell: (242) 427-7721 Alfred Dorsett  
Email: [operations@unitedshippingnassau.com](mailto:operations@unitedshippingnassau.com)

**Important Numbers:** Emergency: Dial 911 | Guest Services: Dial 00

## TODAY'S HIGHLIGHTS

### ARRIVING IN NASSAU:

We must be cleared by local officials upon arrival. Guests on a Shore Excursion, check your ticket for meeting time & location. When going ashore carry a photo ID & your guest key card.

### IMPORTANT INFORMATION:

Please maintain a high level of vigilance & take appropriate steps to increase your security & safety awareness when departing the vessel. Due to public health regulations food of any kind (hot, raw or unpacked / packed) or any open beverage containers will not be allowed to be brought onboard or taken off the ship at any time.

### "BACK TO BACK" GUESTS

If you are continuing your voyage 'til Port Canaveral, December 5th and this is not indicated on your Freestyle card, please bring your cruise tickets at the Guest Service Desk at your earliest convenience for confirmation of your stay!

### CELEBRATING SOMETHING SPECIAL?

Birthday? Honeymoon? Anniversary? How about Breakfast in Bed, a Romantic Dinner for 2, Professional portraits to commemorate the special occasion or even a 25 min Roman Spa® half body Massage. Ask us about our Honeymoon & Special Occasion packages at the Guest Services Desk on Deck 7, Mid.

### MORNING TEAM TRIVIA

Time: 10:15a  
Place: Champagne Charlies, Deck 8, Fwd

### SAIL AWAY BBQ

Time: 2:00p- 3:30p  
Place: Tivoli pool, Deck 12, Mid

### BINGO: KING & QUEEN

Time: 4:30p  
Place: Galaxy of the Stars, Deck 12, Fwd

## BEHIND THE SCENES TOUR

If you've ever wondered how it all works on Norwegian Cruise Lines'® magnificent ships, now is your chance to find out! Take an exciting behind-the-scenes tour and get to see the galley, provision areas, main laundry, theater backstage and bridge. Book your ticket at the Shore Excursions desk, Deck 7, Mid (16 guests per tour limit)

## PERSONALIZED SOUVENIR ITINERARY MAPS

Ask a Guest Services Representative about our Personalized Maps. It includes the Captain's signature & the Norwegian Spirit's ship stamp. Available in the Guest Services Desk for only \$8.95 each. This is a great souvenir to bring back home.  
Guest Services Desk, Deck 7, Mid

# NORWEGIANS GET GOOD TIMES GOING.



## TONIGHT'S ENTERTAINMENT LINEUP

### STARDUST SHOWTIME: SOUL ROCKIN' NIGHTS

Rock the night away with the Spirit Production Cast in this high energy party that celebrates everything from the sounds of Motown & Soul, to the raw force of Rock n' Roll.

Enjoy a mini British invasion with songs from The Who and Queen. The Cast is accompanied by the Norwegian Spirit Showband.

Photography, audio & video recording are prohibited.

**Time:** 7:30p & 9:30p, Stardust Theater, Decks 7 & 8, Aft

### WIN \$5,000 OR A CRUISE FOR 2

The world's most popular game show makes its debut on the high seas on Norwegian Cruise Line and is hosted by your Cruise Director Gio. It's an exhilarating show where contestants play & deal for cash in a high-energy contest of nerves & raw intuition. Everyone in the audience gets to play along by opening up briefcases on their Deal or No Deal cards with the chance at the top prize of \$5,000. Brought to you by the creators of the prime time show on NBC! Card sales will be from 7:00p-8:30p just outside the Stardust Theater, Deck 7, Aft (Starboard Side).

**Time:** 8:30p, Stardust Theater, Decks 7 & 8, Aft

### 55 TO STAY ALIVE

Test your accuracy and speed in this fun & fast-paced game show. Discover just how quickly you can complete a variety of humorous physical challenges. The clock is ticking—step up to the challenge and defeat time. The countdown begins with 55 seconds on the clock & it is your turn to impress us! Event hosted by your Assistant Cruise Director Claire.

**Time:** 8:30p, Galaxy of the Stars, Deck 12, Fwd

### 70's DISCO DANCE PARTY WITH SOULED OUT

We are taking you back to the days of "Saturday Night Fever", Disco and Stilettos.

Do the hustle and channel your inner John Travolta. Also, do not miss a special appearance by the Village People. Hit the dance floor as we kick off disco fever! Music provided by the hottest Party Band, Souled Out.

**Time:** 10:30p, Galaxy of the Stars, Deck 12, Fwd

\* Doors open 30 minutes before show time. Please note it is important to be on time for all shows as seats are on a first come, first served basis. Please arrive with your entire party for all shows. No photography or videotaping due to copyright laws. For the safety and comfort of all guests, children under the age of 13 may not be seated in the first 3 rows. Please be advised that if you are sensitive to loud noises, we suggest you not sit in the first four rows.



## ACTIVITIES FOR FAMILIES & KIDS

### FAMILY CIRCUS SAIL AWAY JAM

Opa! It's your "Nassau sail away circus jam." After your day ashore, join us out on the sports court and pick up some new circus skills as we say goodbye to Nassau in style!

**Time:** 3:30p, Sports Court, Deck 13, Aft

### GUPPIES: BABIES AND PARENTS FREE PLAY (0-2 AGE)

Get ready to "Cruise and Create" with your baby, learn more about the Guppies program and all about "Wee can Too" (Organic Materials). Hosted by your Early Years Coordinator - Amazing.

**Time:** 4:00p, Guppies Playroom, Deck 10, Aft

### ENTOURAGE: SOCIAL NETWORK PARTY (13-17 AGE)

Join us, state your status and enjoy the Chat Rooms, Tournaments and Dance Party.

**Time:** 11:00p, Celebrity Disco, Deck 13, Fwd.

## SPECIAL EVENTS

### SPORTS ACTIVITIES

You can play ping pong or use the sports court every day from 8:30a-8:00p. Your Recreational Staff are always around so challenge them at one of your favorite sport games.

Check page 3 for all of the tournaments we scheduled for you

### AFTERNOON TRIVIA

Join your Cruise Director Staff in this fun event where your knowledge will make the difference. Doesn't matter if you are a solo or in a team, this is a great chance to meet new onboard friends.

**Time:** 12:00p, Champagne Charlie's, Deck 8, Mid

### POOL GAMES WITH YOUR CRUISE STAFF

Join your Cruise Director and Staff for this fun and exciting game by the pool. Don't miss it!(Weather permitting)

**Time:** 3:00p, Tivoli Pool, Deck Fwd.

### 70'S LINE DANCE CLASS

Join your Cruise Director Staff this afternoon for line dancing—it's fun for everyone! Put your cowboy hats and dancing shoes on!

**Time:** 3:30p, Galaxy of the Stars Deck 12, Fwd

### BINGO: KING & QUEEN

Try your luck at becoming one of our Bingo Royals. The Bingo King & Queen have the privilege of playing Bingo for free the entire cruise. Play for the chance to win cash prizes. Do not miss this exciting first session of Bingo!

**Time:** 4:30p, Galaxy of the Stars, Deck 12, Fwd.

### 70'S NAME THAT TUNE

Your Cruise Director Staff will test your musical knowledge at this fun & interactive trivia. Hear some of the best hits of both decades. Once you hear a snippet of the song—see how quickly you can name it!

**Time:** 5:15p, Champagne Charlie's, Deck 8, Mid

### MAHARINI'S AFTERNOON MOVIE: "PITCH PERFECT 2"

After a humiliating command performance at Lincoln Center, the Barden Bellas enter an international competition that no American group has ever won in order to regain their status and right to perform.

**Time:** 4:00p, Maharini's, Deck 7, Fwd..

### KARAOKE FUN

Come and join your Cruise Director's Staff for this fun hour of Karaoke where everyone can show his hidden talent.

Grasp the Microphone and sing it as you mean it.

**Time:** 8:30p-9:30p, Henry's Pub, Deck 7, Mid

### MUSIC EVERYWHERE

**Galaxy of the Stars, Deck 12, Fwd**

Arvin & Imelda - 6:00p-8:15p

Souled Out - 9:30p-Close

**Champagne Charlie's, Deck 8, Mid**

Piano & Vocals with Patricia- 6:15p-9:45p

Music with Arvin & Imelda- 10:00p-Close

**Henry's Pub, Deck 7, Fwd**

Guitar & Vocals with Pablo-8:30p-Close

**Tivoli Pool, Deck 12, Mid**

Sail Away with The Caribbean Wave - 5:00p-6:00p

Caribbean Wave - 9:30p-11:30p

# WHAT'S HAPPENING TODAY.

**DAY 2**

**SUNDAY  
NOVEMBER 22**

◀ TEAR HERE

◀ FOLD HERE

## MORNING

All Day	Daily Trivia, Sudoku & Crossword
All Day	Board Games Available
All Day	Spa Special: On Selected Treatments*
7:00a	Morning Stretch
7:30a	Fab Abs
9:00a-9:00p	Guppies Area is Open (0-2 age)
9:00a-10:00a	Books Available for Sign Out
10:15a	Morning Team Trivia

## AFTERNOON

12:00p	Afternoon Team Trivia
1:00p	Win Lose or Draw
2:00p-3:30p	Sail-Away BBQ **
2:30p-3:30p	Sail Away Music with Patricia**
2:30p-3:30p	"Sail Away" Music with The Caribbean Wave
3:00p	Pool Games with your Cruise Staff
3:00p	Chinese Herbal Medicine
3:00p-1:00a	Entourage Teen Club is open
3:30p-5:00p	Poolside Jams with DJ Cee Jay
3:30p	70's Line Dance Class
3:30p	Circus Jam Sail Away**
3:30p	Gold by the Inch and Fire CZ Jewelry Sale
3:30p	Non-Surgical Facelift
3:30p	TAG Heuer Red Carpet Event
3:30p	Satellite Poker Tournament*
4:00p	Burn Fat Faster
4:00p	Afternoon Movie: "Pitch Perfect 2"
4:00p	Guppies: Babies and Parents Free Play (0-2 age)
4:00p	Secrets of the Art World Seminar
4:00p-4:30p	Bingo Cards on Sale
4:00p-5:00p	Books Available for Sign Out
4:30p	Bingo: King & Queen

## AFTERNOON (CONT)

Library	5:00p-6:00p	Sail Away with The Caribbean Wave	Tivoli Pool
Lifestyle Room	5:00p	Free Tongue and Pulse Analysis	Mandara Spa
Mandara Spa	5:00p	Evening Basketball Tournament**	Sports Court
Fitness Studio	5:00p	Pathway To Yoga*	Fitness Center
Fitness Studio	5:00p	Pax Make-Up Drill	Stardust
Deck 10, Aft	5:15p	70's Name that Tune	Champagne

## NIGHT

6:00p-10:30p	Professional Studio Portraits	The Atrium
6:00p-9:30p	Guess the Weight of the Nano Sculpture	The Atrium
6:00p-8:15p	Music with Arvin & Imelda	Galaxy
6:15p-9:45p	Piano & Vocals with Patricia	Champagne
7:00p-8:30p	Deal or No Deal Card Sales	Deck 7, Aft
7:00p	Evening Stretch	Fitness Studio
7:30p	Showtime: Soul Rockin' Nights	Stardust
8:00p	Friends of Bill W. Meeting	Boardroom
8:30p	Karaoke Fun	Henry's Pub
8:30p	Deal or No Deal*	Stardust
8:30p	55 To Stay Alive	Galaxy
8:30p-Close	Guitar & Vocals with Pablo	Henry's Pub
9:00p	Friends of Dorothy (LGBT)	Maharini's
9:30p	Showtime: Soul Rockin' Nights	Stardust
9:30p-10:15p	Dance Music with Souled Out	Galaxy
9:30p-11:30p	Poolside Music with The Caribbean Wave	Tivoli Pool
10:00p-Close	Music with Arvin & Imelda	Champagne
10:00p-11:30p	Party Music in Maharini's 🎵(recorded)	Maharini's
10:30p-11:15p	70's Disco Party with Souled Out	Galaxy
11:00p	Entourage: Social Network Party (13-17 Age)	Celebrity Disco
11:30p-Close	Late Night Party with Souled Out	Galaxy
11:30p-Close	Club Party with DJ Cee Jay	Maharini's
12:00a	Paradise Lotto*	Maharajah's
1:00a Curfew Until Arrival	For Children 17 years and under***	All Areas
	Overnight Slot Machines	Maharajah's

\* Denotes a fee for these activities

\*\* Weather Permitting

\*\*\*Unless with parents or in an organized youth activity after 1:00a

🎵 Maharini's is an Adults Only venue

## BAR MANAGER'S SPECIALS

Cherry Lime Aid  
Bacardi Limon + Svedka Citron Vodka + Sweet & Sour + Grenadine  
\$6.95 (Souvenir cup for only \$1.75 more.)

## HOLIDAY FAVORITE

### Le fizz Martini - \$9.95

Greygoose Vodka, St-Germain Elderflower liqueur and fresh lime juice are shaken ice cold and then topped with club soda.

◀ TEAR HERE

◀ FOLD HERE

## TODAY'S DINING OPTIONS

### MORNING

#### COMPLIMENTARY

Raffles Court	Early Riser (Deck 12, Aft)	6:00a-6:30a
Raffles Court	Continental (Deck 12, Aft)	6:30a-11:30a
Windows Main Dining	Traditional (Deck 6, Aft)	7:00a-9:00a

### AFTERNOON

#### COMPLIMENTARY

Raffles Court	Buffet (Deck 12, Aft)	12:00p-2:30p
Raffles Court Buffet	Snacks (Deck 12, Aft)	2:30p-5:00p
Bier Garten**	Snacks (Deck 13, Fwd)	1:30p-Close

### DINNER

#### COMPLIMENTARY

Raffles Court	Buffet (Deck 12, Aft)	5:30p-9:30p
Windows Main Dining	Traditional (Deck 6, Aft)	5:30p-9:30p
Garden Main Dining	Contemporary (Deck 6, Mid)	5:30p-10:00p
Shogun	Asian Fusion (Deck 8, Aft)	5:30p-Close

#### COVER CHARGE APPLIES (\$)

Sushi Bar* (A la carte)	Japanese (Deck 8, Aft)	5:30p-Close
La Trattoria* (\$19.95)	Italian (Deck 12, Aft)	5:30p-Close
Le Bistro* (\$19.95)	French (Deck 7, Fwd)	5:30p-Close
Cagney's* (\$29.95)	Steakhouse (Deck 7, Aft)	5:30p-Close
Teppanyaki* (\$29.95)	Japanese (Deck 8, Aft)	5:00p-6:30p 8:00p-9:30p

\*Please note that these charges are per person. There will be an 18% gratuity added to all charges. Additional taxes may apply while in certain ports & itinerary.

### 24/7

Raffles Court Buffet	Snacks (Deck 12, Aft)	10:00p-11:00p
Casino Late Night	Snacks (Deck 7, Fwd)	11:00p-1:00a
Blue Lagoon Café	Snacks (Deck 7, Fwd)	Always Open
Room Service*	Stateroom Delivery #7333	Always Open

\*For your own convenience a Room Service fee of \$7.95 will be added to all food orders.

\*Denotes a fee for this program

\*\*Weather Permitting

**Reservations:** You can make your specialty restaurant reservations at our Restaurant Reservation Desk from 7:00a to 4:00p at Raffles Court, Deck 12, Mid & from 7:00a to 5:00p at the Guests Service Desk, Deck 7, Mid or by dialing #7555 or #7556, from 7:00a-9:30p from any ships phone. Forget to make a reservation? Simply walk up to any of our restaurant hostess stands and we will be happy to accommodate you. No Reservations are required in the Blue Lagoon or Shogun.

**Dress Code:** Resort casual and shorts are allowed in all dining venues except Windows Dining Room and Le Bistro after 5:30p. Shoes and shirt must be worn.

**Restaurant Cancellations:** Dinner Reservations at Specialty Restaurants must be cancelled 24 hours in advance, otherwise the full cover fee will be charged to your account. We can only hold your dinner reservation for 15 minutes. After 15 minutes, the unclaimed reservation will be released.

**SAFETY INFORMATION:** To avoid injury, keep hands/fingers clear of doors and/or door frames. Please take special care when walking around the ship. Use handrails and wear appropriate footwear as necessary. Also please be aware of raised thresholds and wet decks. Running on decks is prohibited (except the Jogging track). **SMOKING POLICY:** Open flames (candles/incense) are strictly prohibited. Smoking in public areas is only permitted in designated spaces of open decks, Cigar Bar or in the Casino while playing. Smoking of any kind is prohibited in staterooms and balconies. Electronic cigarettes are governed by the same standards as regular cigarettes. **SAFETY EQUIPMENT:** Please do not remove or meddle with any safety equipment onboard (such as smoke detectors, life vests or fire extinguishers). Please follow all safety instructions from the crew. **CONSUMER ADVISORY:** Please be advised that food onboard may contain meats, seafood, fish, shellfish, eggs, lamb, milk, or poultry. Consuming these items in a raw or undercooked manner increases your risk of foodborne illness, especially if you have certain medical conditions. There is also a risk involved when consuming unpasteurized juices. If you have an illness that may be affected by consumption of the above items please contact a physician. Additionally, please be advised that certain food items onboard may contain nuts. If you have questions, please contact our Restaurant Management staff. **ENVIRONMENTAL HOTLINE:** You can report environmental incidents by calling 1-877-501-5976; the ship reception desk at 00, or via email to Environmentalhotline@ncl.com. The environmental hotline should be used only to report actual or potential environmental incidents, spills and concerns. All reports are confidential. Also please be advised that it is strictly prohibited to disembark the vessel with any food products. **MARPOL:** The Discharge of all Garbage into the Sea is Prohibited. The International Convention for the Prevention of Pollution from Ships (MARPOL) and various domestic laws prohibits the discharge of garbage from ships into the sea. Violation of these requirements may result in penalties. All garbage is to be retained on board and placed in the bins provided. **TOWEL STATION:** on Deck, 12, Mid is for Towel exchange only. Please bring the towel from your stateroom in order to exchange for a new one. As a courtesy to other guests, please do not reserve sun chairs unless you are utilizing them. When chairs are not in use for a period of 30 minutes personal effects will be removed. **1:00AM CURFEW:** Guests under the age of 18 unaccompanied by parents or an adult must vacate all public areas. All guests 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. **SUN LOUNGERS:** Reserving lounge/sun chairs is prohibited. If any chairs is left unattended for longer than 60 minutes, the items will be removed and handed in the Guest Services Desk, Deck 7.

## HOURS OF OPERATION

### BAR SERVICES

Raffles Terrace, Deck 12, Aft	7:00a-Close
The Café, Deck 7, Mid	7:00a-Close
Bier Garten, Deck 13, Fwd	11:00a-Close
The Shanghai Bar, Deck 7, Fwd	11:30a-Close
Tivoli Bar, Deck 12, Fwd	8:00a-Close
Galaxy of the Stars, Deck 12, Fwd	2:00p-Close
Champagne Charlie's, Deck 8, Mid	3:00p-Close
Henry's Pub, Deck 7, Mid	3:00p-Close
Maharajah's Casino Bar, Deck 7, Fwd	3:00p-Close
Maharini's Nightclub, Deck 7, Fwd	8:00p-Close

### GUEST SERVICES

Acupuncture Clinic, Deck 12, Fwd	8:00a-8:00p
Art Gallery, Deck 7A, Fwd	7:00p-9:00p
Bridge Viewing Room, Deck 11, Fwd	Sunrise-Sunset
(Access via Galaxy of the Stars, Deck 12, Fwd)	
Buccaneer's Wet & Wild, Deck 10, Aft**	8:00a-8:00p
Charlie's Splash Academy, Deck 10, Aft	7:00a-10:30p
Colombian Emeralds Int'l, Deck 8, Mid	3:30p-12:00a
CruiseNext Office, Deck 7, Mid	9:00a-11:00a
	4:30p-9:00p
	2:00p-1:00a
Entourage Teen Club, Deck 13, Fwd	6:00a-11:00p
Fitness Center, Deck 12, Fwd	3:30p-11:00p
Galleria Tax & Duty Free, Deck 8, Fwd	8:30a-9:00p
Golf Cage, Deck 13, Port side	
(Golf equipment is available at the Towel Station, Deck 12, Mid)	
Guest Services Desk, Deck 7, Mid (#00)	Always Open
Guppies Area (0-2 age), Deck 10, Aft	9:00a-9:00p
Internet Café, Deck 12, Fwd	Always Open
Internet Manager's Hours, Deck 12, Fwd	8:00a-10:00a
	4:00p-6:00p
	7:00p-10:00p
	Always Open
Library, Deck 12, Fwd	9:00a-10:00a
(Books Available for Sign Out)	4:00p-5:00p
	3:00p-Close
Maharajah's Casino, Deck 7, Fwd	8:00a-10:00p
Mandara Spa, Deck 12, Fwd	8:00a-10:00a
Medical Center Consultation Hours, Deck 4, Fwd (#7600)	5:00p-7:00p
Medical services are subject to charge*	
Medi-Spa Clinic, Deck 12, Fwd	8:00a-8:00p
Onboard Credit Desk	8:00p-10:00a
	5:00a-7:00p
	4:00p-11:00p
Photo Gallery, Deck 8, Fwd	6:00p-10:30p
Professional Studio Portraits, Deck 7, Mid	8:30a-8:00p
Ping Pong Tables, Deck 11, Aft	6:00p-8:00p
Port & Shopping Consultant Desk Hours	Always Open
Quiet Zone Sun Deck, Deck 13, Fwd	5:00p-8:00p
Shore Excursion Desk, Deck 7, Mid	8:30a-8:00p
Sports Court, Deck 13, Aft**	8:00a-10:00p
Steam & Sauna (Complimentary)	8:00a-11:00p
Tivoli Pool & Jacuzzi, Deck 12, Mid**	7:00a-7:00p
Towel Station, Deck 12, Mid	Always Open
Video Arcade, Deck 7, Mid	

\*Denotes a fee for this program

\*\*Weather Permitting

## IT'S DEPOSIT DAY – GET YOUR FREE MONEY!

CruiseNext gives you up to \$500 free onboard credit. Each \$250 pre-paid deposit can be used to book 1 stateroom with any type of promotion. The deposits are valid for 4 years, for any 6-day or longer cruise, on any ship, to any destination. Book with any agency or online and combine with any offer. Visit the CruiseNext team to learn more and even to book your future cruise with Norwegian.

**Time:** 9:00a – 11:00a & 4:30p – 9:00p, CruiseNext Office, Deck 7, Mid