

Freestyle DAILY

NCL

NORWEGIAN CRUISE LINE

Freestyle Cruising

Friday, March 24th, 2006
Norwegian Sun
At Sea

Today's Forecast
Mostly Sunny, 75F/25C

Sunrise
5:55AM

Sunset
6:22PM

Suggested Attire
Resort Casual

DEBARKATION INFORMATION

Join your Cruise Director *Linda* for an important talk on all the VITAL information you will need prior to your debarking the ship in Miami. **We highly recommend all guests attend this important talk! 10:15AM Stardust Lounge, Decks 6 & 7 Luggage Tags will be available for pick up on Deck 5, in the Atrium by the Java Café from 10:30AM-2:00PM!**
SPECIAL REMINDERS: For those guests who are staying for another cruise and have a disembark date of March 25th, 2006 on their guest key card, please bring your cruise ticket for the next voyage to the reception desk on deck 5 at your earliest convenience.

TODAY'S TOP ACTIVITIES

LATITUDES MEMBERS PARTY - Welcome back Latitude's Members! NCL invites all Latitude members to join us for a "members only" party. Kindly bring your invitation for admittance; Doors will open at 12:00PM! Stardust Lounge, Deck 6, Aft. (If you did not receive an invite and have cruised with NCL before, please join us.)

TODAY'S TOP ACTIVITIES

JEOPARDY - Come on out tonight for the biggest game show of the cruise. Join your *Cruise Director's Staff* for Jeopardy, the classic question and answer game show. Fun to play, fun to watch, see you tonight for all the excitement at **8:30PM**, in the **Dazzles, Deck 6, Mid**.

SHOWTIME TONIGHT

Variety Showtime

Featuring:

*Magician Jeff Moche,
Comedian John Knight
and Vocalist Tony B*



STARDUST LOUNGE DECKS 6 & 7 AFT

9:30PM ONE SHOW ONLY

GUEST COMMENT CARDS

The NCL Guest Comment Card is an important tool for improving the cruise experience for you, our Guests. These cards are carefully read not only on board the ship, but also by our head office in Miami. If you enjoyed any activity or Service this cruise, please mark **Excellent!** What you write really does make a difference!

Comments about specific activities, shows/events, & the specific names of the personnel adding to the enjoyment of your cruise are most helpful, & improve morale.

Here are a few reminders to help you with completion of your comment cards: Guest Entertainers included: Jeff Moche, Tony B & John Knight.

Broadway Production Shows with the Jean-Ann Ryan Company included: Encore! Mr. Producer, Qué Noche & Cirque Pan.

Musicians & Bands included: Twice as Nice, Harmony & Rhythm, Don Dunn, Dan Hodge, Enrico Braza & the Norwegian Sun Showband. On behalf of the Captain, Hotel Director, Cruise Director, Staff & Crew, thank you for your valued input! We look forward to serving you again. Thank you for choosing Norwegian Cruise Line & the Norwegian Sun! We hope you had an **excellent/enjoyable cruise!**

Digital Photo Tour

Come on a Behind The Scenes Digital Photo Tour of the Norwegian Sun this afternoon! We will be joined by the Captain, Chief Engineer & Executive Chef! Join us at 3:00PM.

Stardust Lounge, Deck 6, Aft

DID YOU REMEMBER TO SET YOUR CLOCKS BACK ONE (1) HOUR BEFORE RETIRING LAST NIGHT (THURSDAY)?

CHAMPAGNE ART AUCTION

Join one of the largest Art Dealers in the world for a fun and exciting live auction at sea. Don't miss the free champagne and everyone in attendance will be eligible to win some of the \$3000 worth of artwork to be given away today!

Preview: 1:30PM

Auction: 2:00PM

Location: Dazzles Disco, Deck 6, Mid

Art Gallery: Deck 6, Mid

8:00PM-10:00PM

SUN CLUB CASINO

The BIG day is here with our **Slot Tournament** and **Blackjack Tournament FINALS** It's your **LAST CHANCE** to qualify for the **FINALS!** Casinos at Sea Point Redemption tonight **ONLY BETWEEN 7:00PM-10:00PM**. (25 pts minimum required) Come to the Casino Services Desk to redeem your "Seabucks" - these can be used toward charges on your onboard account.

Hours: 9:00am-close

Location: Sun Casino, Deck 7, Mid

TWO BIG BINGO SESSIONS

Join your *Cruise Director's Staff* at **11:00AM** for our **CRUISE GIVE AWAY** session, and your last chance to get those raffle tickets for the draw after game 3. (Must be present to win) Come for our final session in the afternoon at **4:30PM** where we give away the jackpot that's been growing all week. Fun & cash prizes!

Card Sales: 11:00AM & 4:30PM

Location: Dazzles, Deck 6, Mid

FUTURE CRUISES

If you know where you want to cruise next, reserve it onboard! **9:30AM-11:00AM** and **3:00PM-6:00PM**. Candace is available to process your next reservations!!! Advantages include a completely refundable deposit, choice of stateroom and free onboard credit!

MORNING ACTIVITIES

9:00AM	Interdenominational Church Service - with Rev. <i>Aquilla Hanson</i>	Observation, Deck 12, Fwd
9:00AM	Wrinkle Remedies - Facts vs. fiction about skin routines @ home	Mandara Spa, Deck 11, Fwd
9:00AM-11:00AM	Spin to Win FREE pull slot machine	Casino, Deck 7, Mid
9:00AM-11:00AM	Library is open and t-shirt redemption	Library, Deck 6, Mid
9:30AM	Coffee Morning Trivia - with your <i>Cruise Director's Staff</i>	Windjammer, Deck 6, Mid
10:00AM	Alternative Aromatherapy - Oils to de-stress & relax	Mandara Spa, Deck 11, Fwd
10:00AM-NOON	WHITE ELEPHANT SALE - great bargains from around the ship	Photo Gallery, Deck 6, Aft
10:15AM	DEBARKATION TALK - with your Cruise Director <i>Linda</i>	Stardust, Decks 6 & 7, Aft
11:00AM	CRUISE GIVE AWAY BINGO -draw after game 3! Present to win	Dazzles Disco, Deck 6, Mid
11:00AM	Amber & Ammolite Presentation- with your <i>Gift Shop Staff & Nell</i>	Stardust, Deck 6 & 7, Aft
11:00AM	Texas Hold'em Tournament: 10:45AM sign up, 10 players only	Casino, Deck 7, Mid
11:15AM	Arts & Crafts "Beaded Geckos" - with your <i>Cruise Director's Staff</i>	Windjammer, Deck 6, Mid
11:30AM	Towel Folding - with your <i>Housekeeping Staff</i>	Observation, Deck 12, Fwd
11:30AM	Acupuncture Lecture - Alternative remedies for smoking & pain!	Tech Styles, Deck 6, Mid

AFTERNOON ACTIVITIES

12:00PM	Mambo Dance Class- with world ranked dancers <i>Oliga and Dima</i>	Fitness Room, Deck 11, Fwd
12:30PM	SA - Ryder Cup Golf - with your <i>Cruise Director's Staff</i>	Atrium, Deck 5, Mid
12:30PM	Leaving a Legacy for Those You Love Most with <i>Ronald Johnson</i>	Conference Rm, Deck 6, Aft
1:00PM	Pool Games "Mr. Hairy Chest"- with your <i>Cruise Director's Staff</i>	Poolside, Deck 11, Mid
1:00PM-2:30PM	Victory at Sea Slot Tournament (FINALS @ 2:45PM approx.)	Casino, Deck 7, Mid
1:15PM	Spanish Lesson with your Hostess <i>Lorena</i>	Windjammer, Deck 6, Mid
1:30PM	Champagne Art Auction Preview - Auction commences at 2 :00PM	Dazzles Disco, Deck 6, Mid
1:30PM	Creating Great Characters: How to make your readers fall in love	Observation, Deck 12, Fwd
1:30PM	SA - Country Line Dancing Lesson - with your <i>Cruise Director's Staff</i>	Fitness Room, Deck 11, Fwd
1:30PM	Informal Bridge Play - with your fellow guests	Conference Rm, Deck 6, Mid
2:00PM	Full Ship Scavenger Hunt- with your <i>Cruise Director's Staff</i>	Windjammer, Deck 6, Mid
3:00PM	Digital Photo Tour- with the <i>Captain, Chief Engineer and Chef</i>	Stardust, Decks 6 & 7, Aft
3:00PM	Name That Tune Trivia - with your piano/vocalist <i>Dan</i>	Windjammer, Deck 6, Mid
3:00PM-4:30PM	Waves of Cash Blackjack Tournament (FINALS @ 4:45PM approx.)	Casino, Deck 7, Mid
3:00PM-5:00PM	Library is open and t-shirt redemption	Library, Deck 6, Mid
3:30PM	SA - Basketball Free Throw- with your <i>Cruise Director's Staff</i>	Sports Court, Deck 12, Aft
3:30PM	The Art of Travel Writing : Turn your voyage into an heirloom	Observation, Deck 12, Fwd
4:00PM	Partner Teach Massage Workshop \$49 / couple - bring a partner!	Mandara Spa, Deck 11, Fwd
4:00PM	Backstage Tour and Q&A- with the <i>Jean Ann Ryan Co. and Techs!</i>	Stardust, Decks 6 & 7, Aft
4:30PM	FINAL JACKPOT BINGO - with your <i>Cruise Director's Staff</i>	Dazzles Disco, Deck 6, Mid
4:30PM	Legal Eagles- meet with your fellow guests.	Java Café, Deck 5, Mid
4:30PM	Saving Money for a Rainy Day and Sunshiny Day, too with <i>Ronald</i>	Conference Rm, Deck 6, Mid
4:45PM	Renewal of Wedding Vows - with Rev. <i>Aquilla Hanson</i>	Observation, Deck 12, Fwd
5:15PM	Afternoon Team Trivia - with your <i>Cruise Director's Staff</i>	Windjammer, Deck 6, Mid
5:15PM	Bill W. Meeting - meet with your fellow guests	Tech Styles, Deck 6, Mid

EVENING ACTIVITIES

6:15PM	Sabbath Eve Service with your fellow guests	Tech Styles, Deck 6, Mid
7:30PM	STAR SEEKER TALENT SHOW- Come support your fellow guests	Stardust, Decks 6 & 7 Aft
8:00PM-9:00pm	Book return and t-shirt redemption	Library, Deck 6, Mid
8:30PM	Jeopardy - with your <i>Cruise Director's Staff</i>	Dazzles Disco, Deck 6, Mid
9:30PM	VARIETY SHOWTIME - with <i>Jeff Moche, John Knight & Tony B</i>	Stardust, Decks 6 & 7 Aft
9:30PM-10:45pm	Karaoke: Grab a drink, and sing a song!- with your <i>Cruise Staff</i>	Dazzles Disco, Deck 6, Mid
10:30PM-11:30PM	Motown revisited with <i>Twice as Nice</i>	Observation, Deck 12, Fwd
10:45PM	TWISTED GONG KARAOKE- with your host <i>Brett</i> and some 'expert' judges	Dazzles Disco, Deck 6, Mid

Star Seeker Talent Show

Come support your fellow guests as they showcase their talents & perhaps compete for the chance to become a Cruise Ship Entertainer! Music provided by the Norwegian Sun Showband. Bring your cameras and video cameras to capture some unforgettable moments!

Time: One show only 7:30PM

Location: Stardust, Decks 6 & 7, Aft

VARIETY SHOWTIME

Norwegian Cruise Line is proud to present a whole new show featuring **Magician Jeff Moche, Comedian John Knight & Singer Tony B**

Flash photography, video & audio recording are strictly prohibited. Please no children are to sit in the front row.

Time: One show only 9:30PM

Location: Stardust, Decks 6 & 7, Aft

FREESTYLE DINING

24 Hour-Service Room Service Dial #27/28

BREAKFAST

6:00AM-7:00AM	Early Riser - Las Ramblas	Deck 11, Aft
7:00AM-11:00AM	Breakfast - Garden Café	Deck 11, Aft
7:30AM-10:00AM	Breakfast - Great Outdoor Café	Deck 11, Aft
7:30AM-10:30AM	Waffle Breakfast- Pacific Heights	Deck 11, Aft
7:30AM-9:30AM	Continuous Breakfast - Seven Seas	Deck5, Aft
7:30AM-10:30AM	Omelets - Las Ramblas	Deck 12, Aft

LUNCH

11:00AM-3:00PM	Lunch - Great Outdoor Café	Deck 11, Aft
11:30AM-1:30PM	Sushi- Ginza	Deck 12, Aft
11:30AM-3:00PM	Lunch - Garden Café	Deck 11, Aft
Noon-1:30PM	Continuous Lunch - Seven Seas	Deck5, Aft
Noon-2:00PM	Deli Sandwiches- Las Ramblas	Deck 12, Aft
Noon-2:00PM	Pizza- Pacific Heights	Deck 11, Aft

SNACKS

11:00AM-10:00PM	Ice Cream- Garden Café	Deck 11, Aft
3:00PM-5:30PM	Afternoon Snacks - Great Outdoor	Deck 11, Aft
5:30PM-10:30PM	Tapas in Las Ramblas	Deck 12, Aft
5:30PM-6:00AM	Late Night Snacks in the Sports Bar	Deck 11, Aft
11:00PM-1:00AM	Casino Late Night Snacks	Deck 7, Mid

DINNER

5:30PM-10:00PM	International Buffet - Garden Café	Deck 11, Aft
5:30PM-9:30PM	Chef's Dinner - Four Seasons	Deck 5, Mid
6:00PM-10:00PM	Chef's Dinner - Seven Seas	Deck 5, Aft

SPECIALTY RESTAURANTS

5:30PM-Close	<i>Pacific Heights</i> #93	Cooking Light	Deck 11, Aft
5:30PM-Close	<i>Ginza</i> #82	Teppanyaki	Deck 12, Aft
5:30PM-Close	<i>Ginza</i> #82	Sushi Bar	Deck 12, Aft
6:00PM-Close	<i>East Meets West</i> #82	Steak House	Deck 12, Aft
6:00PM-Close	<i>Il Adagio</i> #80	Fine Italian	Deck 5, Mid
6:00PM-Close	<i>Le Bistro</i> #81	French / Mediterranean	Deck 12, Aft

Reservations are highly recommended for all Specialty Restaurants. Call 58200 or visit the Restaurant Reservation Desk located in the Atrium Deck 5 Mid Ship between the hours of 8:00am-5:00pm. Cover Charges Apply (Includes all items except A La Carte) - East Meets West Steakhouse \$20.00, Le Bistro 15.00, Il Adagio \$12.50. Individual pricing applies for Ginza. (Teppanyaki & Sushi Bar). A fee of \$5.00 per person will be charged for cancellations after 5:00 PM. There is no cover charge for dining in Pacific Heights or Las Ramblas.

MUSICAL ENTERTAINMENT**Roots Link**

Poolside music with *Roots Link*

Poolside, Deck 11, Mid

Noon-1:00PM

2:00PM-5:00PM

Enrico Braza

Join *Enrico* for great piano melodies!

Atrium, Deck 5, Mid

5:15PM-6:00PM

Windjammer, Deck 6, Mid

6:45PM-7:30PM

Las Ramblas, Deck 12, Aft

9:00PM-10:00PM

Harmony & Rhythm

Dance Hits with *Harmony & Rhythm*

Dazzles, Deck 6, Mid

7:30PM-8:15PM

Dan Hodge

Piano Melodies

Windjammer, Deck 6, Mid

8:15PM-9:00PM

9:15PM-10:00PM

10:15PM-Close

Twice as Nice

Motown revisited!

Observation Lounge, Deck 12, Fwd

8:30PM-9:15PM

10:30PM-11:30PM (Motown)

DJ Shijoy

Spend the night with Shijoy!

Dazzles Disco, Deck 6, Mid

11:45PM-Close

Twisted Gong Karaoke

Do you like watching people get critiqued? Judged? Gonged? Possibly made fun of? Then you may want to come out to our Twisted Gong Karaoke Competition. Think of American Idol and maybe a bit of The Twilight Zone and you'll still not be ready for what's in store.

10:45PM : Dazzles Disco, Deck 6, Mid

BAR SERVICES

7:00AM-Close	Great Outdoor	Deck 11, Aft
7:00AM-Close	Java Cafe	Deck 5, Mid
8:00AM-Close	Topsiders	Deck 11, Aft
8:30AM-Close	Casino Bar	Deck 7, Mid
10:00AM-Close	Champs	Deck 12, Fwd
10:00AM-Close	Sports Bar	Deck 11, Aft
10:00AM-Close	Champagne Bar	Deck 7, Mid
11:00AM-Close	Observation Lounge	Deck 12, Fwd
3:00PM-Close	Windjammer/Havana	Deck 6, Mid
5:30PM-Close	Las Ramblas	Deck 12, Aft
7:30PM-Close	Dazzles Disco	Deck 6, Mid

PROMOTIONS

Drink of the Day:	Caribbean Freeze- \$8.00	All Bars
Coffee Special:	Monte Cristo Coffee- \$5.75	All Inside Bars
Liqueurs:	All Liqueurs served in a Love Cup \$5.50	All Inside Bars
Martinis:	Apeachitini \$7.00 5:00PM-7:00PM	Windjammer
Smoothie:	Blueberry \$9.00 (non-alcohol \$6)	All Bars

GUEST SERVICES

9:00AM-11:00PM	Galleria Tax Free Shops	Deck 7, Mid
3:00PM-5:00PM	Hollywood At Sea DVD Rental	Deck 6, Mid
7:00PM-10:00PM	Hollywood At Sea DVD Rental	Deck 6, Mid
9:00AM-NOON	Internet Manager's hours	Deck 6, Mid
2:00PM-5:00PM	Internet Manager's hours	Deck 6, Mid
8:00PM-11:00PM	Internet Manager's hours	Deck 6, Mid
9:00AM-11:00AM	Library Open For Book Sign Out	Deck 6, Aft
3:00PM-5:00PM	Library Open For Book Sign Out	Deck 6, Aft
8:00PM-9:00PM	Library open for book return	Deck 6, Aft
8:00AM-8:00PM	Mandara Spa & Salon (#29)	Deck 11, Fwd
8:30AM-10:00AM	Medical Center - #24	Deck 3, Fwd
4:00PM-5:00PM	Medical Center - #24	Deck 3, Fwd
8:00AM-Noon	Onboard Credit Desk	Deck 5, Mid
5:00PM-8:00PM	Onboard Credit Desk	Deck 5, Mid
9:30AM-11:00AM	Future Cruise Consultant	Deck 5, Mid
3:00PM-6:00PM	Future Cruise Consultant	Deck 5, Mid
9:00AM-11:00PM	Photo Gallery / Photo Shop	Deck 6, Aft
10:00AM-NOON	Shore Excursion Desk	Deck 5, Mid
4:00PM-6:00PM	Shore Excursion Desk	Deck 5, Mid

IMPORTANT INFO:

Emergency Number: The ship's emergency number is 911 from any ship's phone!

Medical Sharps: Ask your room steward for a sharps container for needle disposal

Environmental Hotline: You may phone hotline at 877-501-5976 or E-mail semshotline@ncl.com Reports are confidential

Casino: Must be 18 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule.

Customer Relations: Help us resolve your onboard service issues quickly by contacting the Reception Desk at #20 or call 1-866-625-1164

Sports Info: Golf Clubs are available through Topsiders Bar, Deck 11, Aft, each day from 8:00AM to 6:00PM to use in our golf cages, Deck 12, Aft. The volleyball net will be up each day on the Sports Court, Deck 12, Aft, from 9:00AM-NOON.

Safety: All sports play is done at your own risk. Please no jogging from 8:00PM-8:00AM on Deck 6. 24hr jogging on Deck 13 Aft. Use caution as the decks are slippery when wet. Please use handrails when ship is rocking.

ON BOARD SERVICES

MANDARA SPA

TODAY ONLY: Anti-Ageing: A Facial, Eye and Neck Treatment, Scalp Massage, Anti-ageing hand treatment **ONLY \$99 today**, regular \$195!

FITNESS CENTER

Classes & Seminars include:

8:00AM **SA**- Step Aerobics (comp)
9:00AM Burn Fat Fast! Seminar
10:00AM **SA**- Indoor Cycling (\$10 p/p)
3:00PM Detox for Weight Loss seminar
4:00PM Stress Check Seminar(comp)
5:00PM **SA**- Fit Ball Workout (\$10 p/p)
6:00PM Stretch & Relax Class (Comp.)
AND MORE! Stop by the Spa today for a full schedule! Deck 11, Fwd

PHOTO GALLERY

**Black & White Portraits
back by demand!
Atrium, 5:00PM-
10:00PM**

INTERNET CAFE

Frequent Users Specials:

Purchase your Second Time Plan and receive additional FREE minutes.
30 FREE min. with 2nd 250 min. plan
15 FREE min. with 2nd 100 min. plan

HOLLYWOOD@SEA

Stop by and rent a DVD, or purchase! CD's, iPod's, and MP3 players also available for purchase. Rent your favorite movie today!

Shopping Ashore

Did you buy anything ashore from the shops?
If so, then fill in your buyers guarantee & drop it off to the reception desk. This activates your guarantee.

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