

Freestyle DAILY

NCL

NORWEGIAN CRUISE LINE

HERITAGE CRUISING

Friday, March 26th, 2009
Norwegian Sun
At Sea

Today's Forecast
Partly Cloudy, 77F/25 C

Sunrise
6:56AM

Sunset
6:47PM

Suggested Attire
Resort Casual/Optional Formal

TODAY'S QUOTE

"Twenty years from now, you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore, Dream, Discover" - Mark Twain

TODAY'S TOP ACTIVITIES

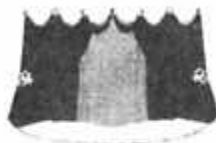
- **BINGO** - Join your *Cruise Director's Staff* in the morning for our first Bingo session, and in the afternoon, we play our **Double Power** session, your chance at double the cards on the EasyBingo machines! Remember, every time you play Bingo you have more chances to win a Free Cruise for 2 to the Caribbean by collecting raffle tickets. Morning 11:00AM; Afternoon: 4:30PM. All games in Dazzles Disco, Deck 6, Mid.
- **NEW YEAR'S PARTY** - Get ready for an exciting night as we celebrate New Year's again on the Sun. It's time to party with *Harmony & Rhythm* & the *Cruise Director's Staff*- Dazzles Disco, Deck 6, Mid at **11:15pm**

SHOWTIME TONIGHT

Spotlight Showtime

An Evening with Singing Sensation
TONY B

STARDUST LOUNGE DECKS 6 & 7 AFT
7:30PM & 9:30PM



SHORE EXCURSIONS

Join your Shore Excursion Manager *Craig* for an informative talk for the best excursions on our upcoming ports of call this week! A presentation not to be missed!

Time: 9:45AM

Location: Stardust, Decks 6 & 7 Aft

See your DiveIN Team's fun filled demonstration of the best way to explore the underwater world.

Time: 1:00PM

Location: Poolside, Deck 11, Mid

PORT & SHOPPING SHOW

Make the most of your time ashore. Neil, your Port & Shopping Consultant will cover all port information from taxi's & beaches to the incredible world of TAX & DUTY FREE SHOPPING.

Time: 10:45AM

Location: Stardust, Decks 6 & 7 Aft
Join Neil & Cleo for the most informative gemstone seminar on the high seas. Over 15 years of jewelry experience will be shared including buying tips on Diamonds, Tanzanite, Emeralds and Ammolite.

Time: 4:15PM

Location: Stardust, Decks 6 & 7 Aft

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 at 2:00PM!

Time: Preview at 1:30PM

Location: Dazzles, Deck 6, Mid

Art Gallery: 8:00PM-10:00pm

SUN CLUB CASINO

You could win \$500 cash in our slots and blackjack tournaments! The challenge begins with our first qualifying rounds of Victory at Sea slot tournament and then continues with the Waves of Cash Blackjack Tournament.

Hours: 9:00AM-Close

Location: Casino, Deck 7, Mid

Sports Afloat

Want to earn a FREE T-SHIRT? When you see the initials **SA** in bold you can pick up a card and get it punched. Get 12 punches and receive a T-Shirt at the end of the cruise.

Mandara Spa

11:00AM Clear Skin Clinic -

Observation Lounge Deck 12, Fwd

Partners Teeth Whitening

Regular \$199, only \$360 for Two

Classes today include:

8:00AM: **SA**-Legs, Bums & Tums (comp)

9:00AM: **SA**-Morning Yoga (\$10 p/p)

10:00AM: **SA**-Detox for Weight Loss

11:00AM: **SA**-Indoor Cycling (\$10 p/p)

3:00PM: **SA**-Detox for Weight Loss

4:00PM: **SA**-Healthy Abs and Back

5:00PM: **SA**-Fit Ball (\$10 p/p)

Mandara Spa, Deck 11, Fwd

Galleria

Colombian Emerald Spectacular:

Complimentary Champagne & Mimosa.

The Grand Unveiling at 9:00AM.

Mega Deck Sale, Deck 11, Poolside,

9:00AM until sold out! (weather permitting)

Rhythm Clock Presentation

10:00AM Dazzles Disco, Deck 6, Mid

Perfume Seminar

2:15PM Windjammer, Deck 6, Mid

BAR PROGRAMS

Try NCL'S Unlimited Soda Program. (Room service excluded.) Ask about our Bar Hopping Program, Daily Specials & Love Cups. **Each morning, from 8AM-11AM get a Bloody Mary or Bloody Caesar for \$4.25!**

PHOTOS WITH THE CAPTAIN
Formal Portraits with Captain Trygve Vorren
Atrium, Deck 5, Mid Ship
7:30PM - 8:00PM

MORNING ACTIVITIES

9:00AM	Interdenominational Service with <i>Rev. Hanson</i>	Observation, Deck 12, Fwd
9:00AM-11:00AM	Spin to Win FREE Pull Slot Machine	Casino, Deck 7, Mid
9:00AM-11:00AM	Library is open for book sign out- with your <i>Cruise Staff</i>	Library, Deck 6, Aft
9:30AM	Coffee Morning Trivia – with your <i>Cruise Director's Staff</i>	Windjammer, Deck 6, Mid
9:45AM	Shore Excursions offered for the cruise- with <i>Craig</i>	Stardust, Decks 6 & 7 Aft
10:00AM	"Love, What is it Good For..?" with <i>Ronald Johnson</i>	Conference Rm, Deck 6 Aft
10:15AM	Service Club Meeting – Calling Rotarians, Elks, Lions etc.	Java Café, Deck 5, Mid
10:15AM	Arts & Crafts: Paper Boxes - with your <i>Cruise Director's Staff</i>	Windjammer, Deck 6, Mid
10:45AM	Port & Shopping Show – Join <i>Neil</i>	Stardust, Decks 6 & 7 Aft
11:00AM	BINGO KICKOFF – with your <i>Cruise Director's Staff</i>	Dazzles Disco, Deck 6, Mid
11:00AM	Texas Hold'em Tournament: 10:45AM sign up, 10 players only	Casino, Deck 7, Mid
11:30AM	Name That Tune Trivia – with your piano/vocalist <i>Dan</i>	Windjammer, Deck 6, Mid
11:30AM	Acupuncture Lecture – Alternative remedies for smoking & pain!	Tech Styles, Deck 6, Mid

AFTERNOON ACTIVITIES

12:00PM	Cha Cha Dance Class – with world ranked dancers <i>Olga & 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
1:00PM	SA – Country Line Dancing – with your <i>Cruise Director's Staff</i>	Fitness Room, Deck 11, Fwd
1:00PM	Writing The Wave: Liberating Your Inner Writer – with <i>Lois Gilbert</i>	Observation, Deck 12, Fwd
1:00PM	ShoreEx DiveIN underwater demo- with your <i>ShoreEx Staff</i>	Poolside, Deck 11, Mid
1:15PM	Afternoon Team Trivia – with your <i>Cruise Director's Staff</i>	Windjammer, Deck 6, Mid
1:30PM	Pool Games: "Mr. Sexy Legs" – with your <i>Cruise Director's Staff</i>	Poolside, Deck 11, Mid
1:30PM	Champagne Art Auction Preview- Auction commences at 2 :00PM	Dazzles Disco, Deck 6, Mid
1:30PM	Informal Bridge Play – with your fellow guests	Conference Rm, Deck 6 Aft
1:30PM-3:00PM	Victory at Sea Slot Tournament	Casino, Deck 7, Mid
2:00PM	SA – Basketball Free Throw- with your <i>Cruise Director's Staff</i>	Sports Court, Deck 12, Aft
2:00PM	SA – Caribbean Line Dancing Class – with your <i>Cruise Staff</i>	Fitness Room, Deck 11, Fwd
2:00PM	Wine Tasting Seminar (\$15 charge per person)	Le Bistro, Deck 12, Aft
2:00PM-5:00PM	Library is open for book sign out- with your <i>Cruise Director's Staff</i>	Library, Deck 6, Aft
2:30PM	Star Seeker Talent Show Sign Up (over 18 only)	Las Ramblas, Deck 12, Aft
2:30PM	Afternoon Movie- "Flight Plan" (1 hour, 40 Min. Rated PG-13)	Stardust, Decks 6 & 7, Aft
3:00PM	Spanish Lessons Class #1 – with your hostess <i>Lorena</i>	Windjammer, Deck 6, Mid
3:00PM	Every Life A Journey: How to write a memoir with <i>Lois Gilbert</i>	Observation, Deck 12, Fwd
3:00PM-4:30PM	Waves of Cash Blackjack Tournament	Casino, Deck 7, Mid
4:00PM	Martini Tasting Class – try 4 different martini's for \$15 p/p	Windjammer, Deck 6, Mid
4:00PM	"The Eight (8) Essentials of Loving Yourself" with <i>Ronald Johnson</i>	Conference Rm, Deck 6 Aft
4:15PM	Gems and Gemology Jewelry Seminar- with <i>Neil</i>	Stardust, Decks 6 & 7, Aft
4:30PM	DOUBLE POWER BINGO - with your <i>Cruise Director's Staff</i>	Dazzles Disco, Deck 6, Mid
5:00PM	Mandara Spa: \$500 FREE Spa Treatments Raffle!	Mandara Spa, Deck 11, Fwd
5:00PM-7:00PM	Spin to Win FREE Pull Slot Machine	Casino, Deck 7, Mid
5:00PM-10:00PM	Formal Portraits-(with Captain Trygve Vorren: 7:30PM-8:00PM)	Atrium, Deck 5, Mid

EVENING ACTIVITIES

6:00PM	Bill W. Meeting – meet with your fellow guests	Tech Styles, Deck 6, Mid
7:15PM-8:15PM	Karaoke- sing a song with your fellow guests	Dazzles Disco, Deck 6, Mid
7:30PM & 9:30PM	SPOTLIGHT SHOWTIME – featuring the fabulous TONY BI	Stardust, Decks 6 & 7 Aft
8:30PM	Newlywed/Not So Newlywed Comedy Show – with your <i>CD Linda</i>	Dazzles Disco, Deck 6, Mid
9:00PM-10:00PM	Irish Pub Party with <i>Don Dunn</i> on acoustic guitar and vocals	Las Ramblas, Deck 12, Aft
10:30PM	Salute to Motown Show with <i>Twice as Nice</i>	Observation, Deck 12, Fwd
10:15PM-11:15PM	"Crooners & Divas" Tribute with <i>Harmony & Rhythm</i>	Dazzles Disco, Deck 6, Mid
11:15PM-Midnight	New Years Eve Party. Join <i>H&R</i> and the <i>Cruise Staff</i>	Dazzles Disco, Deck 6, Mid
Midnight	Casino Slots are open all night	Casino, Deck 7, Mid

Newlyweds Comedy Show

Join *Linda*, your Cruise Director, for this hilarious, sometimes risqué event. You never know what your fellow guests will say! Volunteers will be selected at the show and good times are guaranteed for all.

Time: 8:30PM (one show only)

Location: Dazzles, Deck 6, Mid

Spotlight Showtime

The great American songbook, with tributes to the songs of Sinatra, Darin, Bennett & more. Tony's recent credits include performing live on QVC and being featured in a new book titled "The Italian Crooners".

Tony B

Times: 7:30PM & 9:30PM

Location: Stardust, Decks 6 & 7, Aft

Onboard Activities on Channel 31

FREESTYLE DINING

24 Hours Room Service available Dial #27/28

BREAKFAST

6:00AM-7:00AM	Early Riser Breakfast- Las Rambles	Deck 12, Aft
7:00AM-10:00AM	Breakfast - Great Outdoor Café	Deck 11, Aft
7:00AM-11:00AM	Breakfast- Garden Café	Deck 11, Aft
7:30AM-10:30AM	Waffle Breakfast- Pacific Heights	Deck 11, Aft
7:30AM-10:30AM	Omelets- Las Ramblas	Deck 12, Aft
7:30AM-9:30AM	Continuous Breakfast - Seven Seas	Deck 5, Aft

LUNCH

11:00AM-3:00PM	Lunch - Great Outdoor Café	Deck 11, Aft
11:30AM-1:30PM	Lunch - Sushi - Ginza	Deck 12, Aft
Noon-1:30PM	Continuous Lunch- Seven Seas	Deck 5, Aft
Noon-2:00PM	Deli Sandwiches- Las Ramblas	Deck 12, Aft
Noon-2:00PM	Pizza- Pacific Heights	Deck 11, Aft
Noon-3:00PM	Lunch Buffet - Garden Café	Deck 11, Aft

SNACKS

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

DINNER

5:30PM-10:00PM	Mexican Buffet - Great Outdoor Café	Deck 11, Aft
5:30PM-9:30PM	Captain's Gala Dinner- Four Seasons	Deck 5, Mid
6:00PM-10:00PM	Captain's Gala Dinner- Seven Seas	Deck 5, Aft

SPECIALTY RESTAURANTS

50% OFF Cover Charges in Il Adagio and Le Bistro

5:30PM-Close	<i>Pacific Heights</i>	Cooking Light	Deck 11, Aft
5:30PM-Close	<i>Ginza</i>	Teppanyaki	Deck 12, Aft
5:30PM-Close	<i>Ginza</i>	Sushi Bar	Deck 12, Aft
6:00PM-Close	<i>East Meets West</i>	Steak House	Deck 12, Aft
6:00PM-Close	<i>Il Adagio</i>	Fine Italian	Deck 5, Mid
6:00PM-Close	<i>Le Bistro</i>	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**Star Seeker**

At 2:30PM today join *Brian & Rodney* and sign up for our Star Seeker Talent Show! (Must be 18 years old or over)
Las Ramblas, Deck 12, Aft

Dan Hodge

Windjammer, Deck 6, Mid
11:30AM (Name That Tune)

8:15PM-9:00PM

9:15PM-10:00PM & 10:15PM-Close

Roots Link

Great music by the pool!

Poolside, Deck 11, Mid

Noon-1:00PM & 2:00PM-5:00PM

ENRICO BRAZA

Relaxing piano melodies

Atrium, Deck 5, Mid

5:15PM-6:00PM

8:30PM-10:15PM

Windjammer Deck 6

6:45PM-7:30PM

Don Dunn

Irish Pub Party 9:00PM

Las Ramblas, Deck 12, Aft

9:00PM-10:00PM (Irish Pub Party)

10:15PM-Close

Twice as Nice

Motown Show featuring Westley

Stevens, formerly of The

Commodores and the Stylistics

10:30PM.

Observation Lounge, Deck 12, Fwd

9:30PM-10:15PM

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

Harmony & Rhythm

New Years Eve and more.

Dazzles, Deck 6, Mid

9:15PM-10:00PM

10:15PM-11:15PM (Crooners & Divas)

11:15PM-Midnight(New Year's)

DJ Shijoy

Let *DJ Shijoy* inspire you

Dazzles, Deck 6, Mid

Midnight-Close (18 years & older)

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	<i>Pina Colada</i> - \$8.00	All Bars
Coffee Special	<i>Mexican Coffee</i> - \$5.75	All Inside Bars
Liqueurs	<i>All Liqueurs served in Love Cup</i> \$5.50	All Inside Bars
Martini	<i>Nutcracker</i> - \$7 (5:00PM-7:00PM)	Windjammer
Smoothie	<i>Cantaloupe</i> - \$9.00 (non-alcohol \$6)	All Bars

GUEST SERVICES

9:00AM-11:00PM	Galleria Tax Free Shops	Deck 7, Mid
9:00AM-NOON	Hollywood@Sea Open	Deck 6, Mid
3:00PM-5:00PM	Hollywood@Sea Open	Deck 6, Mid
8:00PM-11:00PM	Hollywood@Sea Open	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
8:00AM-11:00PM	Mandara Spa - #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
2:00PM-6:00PM	Onboard Credit Desk	Deck 5, Mid
9:00AM-3:00PM	Photo Gallery / Photo Shop	Deck 6, Aft
Open 24 hours	Reception Desk	Deck 5, Mid
10:00AM-Noon	Latitudes & Future Cruise Consultant	Deck 5, Mid
2:00PM-5:00PM	Latitudes & Future Cruise Consultant	Deck 5, Mid
7:30PM-8:30PM	Port and Shopping Consultant	Deck 5, Mid
9:00AM-Noon	Shore Excursion Desk	Deck 5, Mid
2:00PM-4:00PM	Shore Excursion Desk	Deck 5, Mid
6:00PM-8:00PM	Shore Excursion Desk	Deck 5, Mid

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

Telephone Ship to Shore: Use the Speed Dial number 1 on your stateroom telephone. There is a charge that applies for 1-800 numbers. As soon as the number is connected (rings), the charges will apply.

Safety: All sports play is done at your own risk. Please no jogging from 8:00AM-8:00PM 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.

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

ON BOARD SERVICES**MANDARA SPA**

Today's Seminars include:

- 10:00AM Detox for Weight Loss /Comp
- 2:00PM Brighter, Whiter smile
- 3:00PM Detox for Weight Loss
- 4:00PM Healthy Abs and Back
- 4:00PM Aid Arthritis, Reduce Rheumatism
- 5:00PM Mandara Spa \$500 Raffle!

GALLERIA SHOPS

Don't forget it's Formal Night. Designer rings from only \$16.95. \$10 store Grand Opening, Deck 6, Mid. Swarovski jewelry, Majorca pearls and Kenneth Cole to complement your evening wear. From \$1 an inch: Purchase 21" of a \$2 chain or more and receive a FREE matching bracelet.

PHOTO GALLERY

Capture the magic of Formal Night with a beautiful portrait. Tonight in the Atrium, Deck 5, Mid. 5:00PM-10:00PM **Photo's With Captain Trygve Vorren:** 7:30PM-8:00PM, Deck 5, Mid

HOLLYWOOD@SEA

CD's & DVD's are available for purchase! DVD's available to rent, \$5.95 for 24hrs, or get an unlimited DVD rental package for just \$32.95. Also available, JVC MP3 for only \$74.95. With 50 free songs!

INTERNET CAFE

Take advantage of our discounted Internet Time Plans and save as much as 47% off the pay as you go rate. Your laptop or ours! Wireless access. Newspapers at Sea!



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING