

Freestyle DAILY



Sunday, March 15th, 2006

Norwegian Sun
Great Stirrup Cay

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

Sunrise
6:20am

Sunset
6:24pm

Suggested Attire
Resort Casual/70's

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

PLEASE REMEMBER TO SET YOUR CLOCKS FORWARD ONE (1) BEFORE RETIRING TONIGHT (SUNDAY)

WELCOME TO GREAT STIRRUP CAY at approximately 7:00AM - The M/S Norwegian Sun will anchor and use tender boats to transport guests to and from shore. We must wait for the gangways to be set and secure before the tender service will begin. For those guests wishing to go ashore in the first two hours, whenever you are ready to go ashore pick up a numbered tender ticket beginning at 7:00AM at the Champagne Bar, Deck 7, Mid. You will notice there is a number on the ticket. **Please wait in public areas for your tender ticket number to be called before proceeding to the gangway.** Please return towels and anything else you bring with you from the island.

THE LAST TENDER DEPARTS GREAT STIRRUP CAY AT 2:30PM

TODAY'S TOP ACTIVITIES

- **70's NIGHT FEVER PARTY** - Join your Cruise Director's Staff & Harmony & Rhythm at 11:00PM as we go back to the days of polyester bell bottoms & the Disco Ball! Could it be? Is that really Gloria Gaynor, John Travolta and the Village People? This evening the party is in Dazzles, Deck 6, Mid

SHOWTIME TONIGHT

ENCORE! MR. PRODUCER

A Celebration of Sir Cameron McIntosh's greatest songs & shows with the Jean Ann Ryan Company
Stardust Lounge Decks 6 & 7 Aft
7:30 PM & 9:30 PM



ART AUCTION

Your chance to enjoy the thrill of a live art auction and bid on Modern Masters at Medieval Prices! We ship anywhere in the world and all art is Tax & Duty Free. Don't forget our free raffle for a beautiful work of art, at the auction today! All Art on display in the Gallery after Auction (8:00PM-10:00PM).

Preview: 4:00PM

Auction: 4:30PM

Location: Dazzles Disco, Deck 6, Mid

SUN CLUB CASINO

Have you heard about our Triple Play? Buy-in for \$10 and receive \$15 in gaming chips. That's right a FREE \$5 chip, limit one per person per cruise. For only \$1 side bet, our Caribbean Stud Poker progressive jackpot is over \$40,000 and it could be yours!

Hours: 3:30pm (approx)-Close

Location: Casino, Deck 7, Mid

SHORE EXCURSIONS

Looking to snorkel, sail or float your cares away at beautiful Great Stirrup Cay? Your DiveIN™ team awaits you at the Dive Hut on the island.

Time: All Day

Location: Dive Hut, left of tender area, Great Stirrup Cay

EVIAN WATER & TOWELS

Evian Water will be available for purchase at the gangway.

Beach Towels will be available for sign out on the gangway or on the pier.

WELCOME TO GREAT STIRRUP CAY

If you've always dreamed about escaping to an idyllic tropical island that is completely uninhabited, your dream has come true. Norwegian Cruise Line invites the guests of Norwegian Sun to spend a day on its own private island, Great Stirrup Cay.

NCL's private island is part of the Berry Islands, located 62 nautical miles from Freeport Island, Bahamas; it's an exclusive port of call featured on your ship's itinerary. Here on this tiny, unspoiled island of golden beaches, coconut palms and blue-hued waters, you're invited to partake in a very special experience reserved only for NCL guests.

As the ship drops anchor off Bertram Cove, you will be able to see the bottom of the sea some 60 feet below the surface. The adventure begins and what follows will be one of those rare and precious times you'll never forget.

During your stay, join DiveIN, NCL's exclusive and professionally supervised snorkeling program. You'll have the opportunity to snorkel among a moving wall of tropical fish that feed on a living coral reef colored as brilliantly as the fish swimming near it.

There's a lot to do in the water, or just relaxing on the beach at Great Stirrup Cay.

REMEMBER TO BRING: Sunscreen, Cash for shopping at the Straw Market (Bar Purchases can be made on your guest key card.)

PLEASE bring back to the ship all beach towels and other items you take with you!

PLEASE try to remove all sand before returning. Crew will assist you.

SAFETY Please take caution when on the island. Watch out for tripping hazards.

MORNING ACTIVITIES

Open 24 hours	Internet Café – See the Internet Café for Manager's hours	Deck 6, Mid
7:00AM (approx)	Welcome to Great Stirrup Cay	
7:00AM	Tender tickets for guests being distributed	Champagne Bar, Deck 7 Fwd
8:00AM	SA – Step Aerobics workout (comp) – with your Fitness Instructors	Fitness Room, Deck 11, Fwd
8:00AM	SA – Walk A Mile – with your Cruise Director's Staff	Outside Deck 6, Stb, Fwd
8:00AM-11:00AM	First Wave Bloody Mary & Bloody Cesar's \$4.25	All Open Bars
9:00AM-10:00AM	Library is open – Stop for games or check out a book	Library, Deck 6, Aft
11:00AM	Morning Movie Time: "Cinderella Man" (2 hour, 25 Min. Rated PG-13)	Conference Rm, Deck 6, Mid
11:15AM	Morning Trivia - with your Cruise Director's Staff	Windjammer, Deck 6, Mid

AFTERNOON ACTIVITIES

Until 6:00PM	Golf Clubs are available for sign out today! Must be 15 years or older	Topsiders Bar, Deck 11, Aft
1:00PM	Limbo Contest! on the island – with your Cruise Staff & Roots Link	Meet by the Band Stand
1:30PM	Informal Bridge Play – with your fellow guests	Conference Room, Deck 6, Aft
2:00PM-4:00PM	Ice Breaker- Pick up your forms! Collect Answers! Prizes at 4:30PM	Library, Deck 6, Aft
2:15PM	Arts & Crafts – Caribbean Combs with your Cruise Director's Staff	Windjammer, Deck 6, Mid
2:30PM	Last tender back to the ship as we prepare to set sail for Tortola	877 miles
3:00PM	SA – Pilates Core Conditioning Class (\$10 p/p)	Fitness Room, Deck 11, Fwd
3:00PM-5:00PM	Library is open – Stop for games or check out a book	Library, Deck 6, Aft
3:15PM	Checkers time! Play a game with your fellow guests	Conference Room, Deck 6, Aft
½ Hour After Sailing	Sun Club Casino Tables and Slots Open	Casino, Deck 7, Mid
4:00PM	Eye & Neck Care Clinic with International Beauty Therapists	Mandara Spa, Deck 12, Fwd
4:00PM	Art Auction – Preview. Auction commences at 4:30PM	Dazzles, Deck 6, Mid
4:00PM	Ten Minute Mystery & Su Duko – with your Cruise Director's Staff	Library, Deck 6, Aft
4:00PM	SA – Detox for Weight Loss: Comp Lifestyle Seminar	Fitness Room, Deck 11, Fwd
4:15PM	SA – Shuffleboard Contest - with your Cruise Director's Staff	Sports Court, Deck 12, Aft
5:00PM	SA – Spinning/ Indoor Cycling (\$10 p/p)	Fitness Room, Deck 11, Fwd
5:00PM	Veterans Meeting with your Cruise Director's Staff	Java Cafe, Deck 5, Mid
5:00PM	Interdenominational Church Service with Rev. Aquilla Hanson	Observation, Deck 12, Fwd
5:00PM-7:00PM	Try our Martini Special. Today's martini is the <i>Apeachtini</i>	Windjammer, Deck 6, Mid
5:15PM	Afternoon Team Trivia - with your Cruise Director's Staff	Windjammer, Deck 6, Mid
6:00PM	SA – Evening Yoga (\$10 p/p)	Fitness Room, Deck 11, Fwd
6:00PM	Friends of Bill W Meet- with your fellow guests	Tech Styles, Deck 6, Mid

EVENING ACTIVITIES

6:00PM-10:00PM	Fun, Professional Portraiture	Atrium, Deck 5, Mid
6:45PM-7:30PM	Relax with a drink and piano melodies with <i>Enrico</i>	Windjammer, Deck 6, Mid
7:00PM-8:00PM	Dancing with the <i>Norwegian Sun Showband</i>	Observation, Deck 12, Fwd
7:00PM-9:00PM	Spin to Win FREE pull slot machine	Casino, Deck 7, Mid
7:15PM-8:30PM	Karaoke – with your fellow guests	Dazzles Disco, Deck 6, Mid
7:30PM & 9:30PM	Showtime: Cameron Macintosh's ENCORE! MR. PRODUCER!	Stardust, Decks 6 & 7, Aft
8:15PM-Close	Piano & vocals with <i>Dan Hodge</i>	Windjammer, Deck 6, Mid
8:30PM-9:15PM	Sensational 70's with the amazing <i>Twice as Nice</i>	Observation, Deck 12, Fwd
8:45PM	Friendly Feud Game Show – The biggest game show of the cruise!	Dazzles Disco, Deck 6, Mid
9:00PM-9:45PM	Beatles Favorites with <i>Don Dunn</i> on acoustic guitar and vocals	Las Ramblas, Deck 12, Aft
9:30PM-10:15PM	A Tribute to Glenn Miller – with the <i>Norwegian Sun Showband</i>	Observation, Deck 12, Fwd
9:30PM-10:30PM	Abba/Bee Gees – with <i>Harmony & Rythm</i>	Dazzles Disco, Deck 6, Mid
10:30PM	COMEDY CLUB NIGHT – featuring Comedian <i>John Night</i>	Dazzles Disco, Deck 6, Mid
11:00PM-Midnight	70's NIGHT FEVER PARTY – Join your Cruise Director's Staff & H&R	Dazzles Disco, Deck 6, Mid
Midnight-Close	Join <i>DJ Shifoy</i> and dance all night long. 18 yrs. and older after 11:00PM	Dazzles Disco, Deck 6, Mid
Midnight-Arrival	Casino Slots open all night	Casino, Deck 7, Mid

LATE NIGHT COMEDY CLUB Norwegian Cruise Lines

Is proud to present

"John Knight"

Join John for a night of great comedy.

One Show only!

Time: **10:30PM**

Location: Dazzles Disco, Deck 6, Mid

Encore Mr. Producer

Norwegian Cruise Line presents **Encore! Mr. Producer** with *The Jean Ann Ryan Company*, a celebration of Sir Cameron Macintosh's finest songs. Photography, audio, & video recording is prohibited.

Times: **7:30PM & 9:30PM**

Location: Stardust, Decks 6 & 7, Aft

*Doors open 30 minutes prior to start. No children in front row please. Keep aisles clear during show.

MUSICAL ENTERTAINMENT

Roots Link

Rocking the Island with their music

Great Stirrup Cay

10:00AM-12:00PM

1:00PM-2:30PM

ENRICO BRAZA

Playing piano melodies for you

Atrium, Deck 5, Mid

5:15PM-6:00PM

8:30PM-10:15PM

Windjammer, Deck 6, Mid

6:45PM-7:30PM

DAN HODGE

Piano & Vocals

Windjammer, Deck 6, Mid

8:15PM-9:00PM

9:15PM-10:00PM

10:15PM-Close

Twice as Nice

Sensational 70's 8:30PM

Observation Lounge, Deck 12, Fwd

8:30PM-9:15PM (70's)

10:30PM-Close

Don Dunn

Beatles Favorites 9:00PM

Las Ramblas Deck 12, Aft

9:00PM-9:45PM (Beatles)

10:00PM-Close

Harmony & Rhythm

Music from Abba/Bee Gees 9:30PM

Dazzles Disco, Deck 6, Mid

9:30PM-10:30PM

11:00PM-Midnight (70's Night)

DJ Shijoy

Let DJ Shijoy inspire you on the dance floor

Dazzles Disco, Deck 6, Mid

Midnight (approx.)-Close

FREESTYLE DINING

24 Hour-Service Room Service Dial #27/28

BREAKFAST

5:30AM-6:30AM	Early Riser - Las Rambles	Deck 12, Aft
6:30AM-10:30AM	Breakfast - Garden Café	Deck 11, Aft
7:00AM-10:00AM	Breakfast - Great Outdoor Café	Deck 11, Aft
7:00AM-10:00AM	Waffle Breakfast- Pacific Heights	Deck 11, Aft
7:00AM-10:00AM	Omelet Station - 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
12:00PM-2:00PM	Pizza - Pacific Heights	Deck 11, Aft
12:00PM-3:00PM	Lunch - Garden Café	Deck 11, Aft

SNACKS

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

DINNER

5:30PM-9:30PM	Freestyle Dinner - Four Seasons	Deck 5, Mid
5:30PM-10:00PM	American Buffet - Garden Café	Deck 11, Aft
6:00PM-10:00PM	Freestyle Dinner - Seven Seas	Deck 5, Aft

SPECIALTY RESTAURANTS

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

BAR SERVICES

7:00AM-Close	Great Outdoor	Deck 11, Aft
7:00AM-Close	Java Café	Deck 5, Mid
8:00AM-Close	Topsiders Bar	Deck 11, Aft
10:00AM-Close	Sports Bar	Deck 11, Aft
3:00PM-Close	Champagne Bar	Deck 7, Mid
3:00PM-Close	Observation Lounge	Deck 12, Fwd
3:00PM-Close	Champs Bar	Deck 12, Fwd
4:30PM-Close	Windjammer/Havana Bar	Deck 6, Mid
5:30PM-Close	Las Ramblas	Deck 12, Aft
½ hour after sail	Casino Bar	Deck 7, Mid
7:30PM- Close	Dazzles Disco Bar	Deck 6, Mid

PROMOTIONS

Drink of the Day:	<i>Fruit Bowl-</i> \$8.00	All Bars
Coffee Special:	<i>Café Royal-</i> \$5.75	All Inside Bars
Liqueurs:	<i>All Liqueurs served in Love Cup</i> \$5.50	All Inside Bars
Today's Smoothie:	<i>Papaya-</i> \$9.00 (non-alcohol \$6)	All Bars

GUEST SERVICES

½ hr after sail	Casino Opens	Deck 7, Mid
½ hr after sail	Galleria Open (close at 11:00PM)	Deck 7, Aft
6:00PM-10:00PM	Hollywood At Sea DVD Rental	Deck 6, Mid
8:00AM-10:00AM	Internet Manager's hours	Deck 6, Mid
5:00PM-7:00PM	Internet Manager's hours	Deck 6, Mid
8:00PM-11:00PM	Internet Manager's hours	Deck 6, Mid
8:00AM-11:00PM	Mandara Spa & 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
9:00AM-1:00PM	Photo Gallery / Photo Shop	Deck 6, Aft
5:00PM-11:00PM	Photo Gallery / Photo Shop	Deck 6, Aft
5:00PM-7:00PM	Future Cruise Consultant	Deck 5, Mid
7:30PM-8:30PM	Port & Shopping Consultant	Deck 5, Mid
24 Hours	Reception	Dial #20
6:00PM-8:00PM	Shore Excursion	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

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.

Smoking Policy: Smoking permitted in designated areas & open decks. Cigar & Pipe smoking are permitted in the Havana club Deck 6, Mid & open decks.

ON BOARD SERVICES

MANDARA SPA

Seaweed & Massage Special!

Today only: get a FREE 25 minute massage added to a Seaweed Body Wrap! Regular \$171, now only **\$99 for 50 minutes!**

GALLERIA

Bijoux Terner: the \$10 store! Evening bags, watches, Pashmina's and More. Ammolite- Exquisite designs set in 14K/18K. Sterling Silver from as little as \$25.00.

Ammolite: The Ancient Treasure from the Sea! Exquisite designs set in 14K/18K!

PHOTO GALLERY

Portraits in the Atrium &
Photo Gallery between
6:00PM-10:00PM

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!

HOLLYWOOD@SEA

On Board you can rent some exciting DVD's to watch in your stateroom at your leisure. Stop by 6-11PM for more information on this new addition to your cruising experience.
Deck 6, Mid



NORWEGIAN CRUISE LINE

PRESTIGE CRUISING