

# FREESTYLE DAILY

**NCL** NORWEGIAN  
CRUISE LINE®

TODAY'S FORECAST Cloudy, 51°F/11°C

SUNRISE 6:17a

SUNSET 6:10p

## RELAX, YOU'RE ON VACATION

Whether you're into extreme, serene or something in between, we've got plenty of activities for you to enjoy around the ship. Practice your three-pointers on the basketball court. Find your own little retreat and catch up with your favorite book. Then make it a romantic night at Le Bistro. Find your lucky seat at our casino. Dance the night away in Spinnaker. With Freestyle Cruising, experience a vacation as open as the sea around you.

**TIME CHANGE:** Did you remember to set your clocks back 1 hour? (2:00a October 1)

**TIP OF THE DAY:** Tonight, we will go back another hour. (2:00a October 2)

## DON'T MISS A MOMENT

### MAKE SURE YOU EXPERIENCE THESE MUST-DOS:

- High Five your Assistant Cruise Director Jeff & Cruise Staff
- Try the truffle fries at Cagney's (you won't regret it)
- Check out your cruise memories in the Photo Gallery
- Check out the Bridge Viewing Room
- Shop onboard, it's tax and duty free
- Try a drink in each bar on the ship
- Relax at the Mandara Spa
- Take in a show at the Stardust Theater

## PASSPORT AND LANDING CARD DISTRIBUTION

We will be distributing your passports and landing cards today, between 9:00a and 11:00a. Guests will be required to have their passports and landing cards for the upcoming face-to-face immigration inspection in Japan.

### Staterooms on Decks 4 & 5:

Pick up in the Elevator Landing/Stairwell on Deck 4, Mid

### Staterooms on Deck 8:

Pick up at the Elevator Landing/Stairwell on Deck 8, Mid

### Staterooms on Deck 9:

Pick up at the Elevator Landing/Stairwell on Deck 9, Mid

### Staterooms on Deck 10:

Pick up at the Elevator Landing/Stairwell on Deck 10, Mid

### Staterooms on Deck 11:

Pick up at the Elevator Landing/Stairwell on Deck 11, Mid

In the event that you miss this passport distribution, you may collect back your passport and landing cards from the Guest Service Desk located on Deck 7, Mid, in the Crystal Atrium from 11:30a onwards.

## HEALTH REMINDER

Wash your hands often, especially after using the restrooms and before & after meals. Sanitizing dispensers are located outside all restaurants and in public areas for your use. We discourage handshaking for your health and safety. Report signs of gastroenteritis (diarrhea or vomiting) to the Medical Center.

## TODAY'S HIGHLIGHTS

### LECTURE SERIES: DNA DISCOVERY

Time: 9:30a

Place: Stardust Theatre, Decks 6 & 7, Fwd.

### TOTAL MEMORY RECALL SEMINAR

Time: 1:30p

Place: Stardust Theatre, Decks 6 & 7, Fwd.

### CONCERT: THE MUSIC OF JAMES TAYLOR

Time: 2:00p

Place: Stardust Theatre, Decks 6 & 7, Fwd.

### ENGINEERING CHALLENGE: PAPER TABLE

Time: 2:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

### EVENING TRIVIA WITH CRUISE STAFF

Time: 5:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

### SWING DANCE CLASS WITH THE CAST

Time: 6:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

### ULTIMATE DANCE CLASH

Time: 10:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

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

## NEED A RIDE?

Ship organized transfers from the port are available. To Narita & Haneda International Airport for flights after 12:30pm (\$60 Per Person). Simply register at the Guest Services Desk, located on Deck 7, Mid. Deadline for transfer sales is on October 3 at 6:00PM

NORWEGIAN JEWEL  
**DAY 14**  
MONDAY  
October 1  
At Sea

# GET THE GOOD TIMES GOING.

## TODAY'S ENTERTAINMENT LINEUP

### CHRIS BURKE IN CONCERT

Chris Burke returns with an all new Concert backed by the Norwegian Jewel Showband. Chris Burke is a blue-eyed soul singer from Nashville, Tennessee. He has performed shows all over the USA and now all over the world, from NBC's The Today Show to intimate clubs like Nashville's Bluebird Cafe. With a set list ranging from Justin Timberlake to Ray Charles, Chris brings his own smooth style to soul music through the years. Chris' cool stylings are sure to both soothe you, and bring you to your feet.

**Time:** 7:15p & 9:15p, Stardust Theater, Decks 6 & 7, Fwd

### CONCERT: THE MUSIC OF JAMES TAYLOR

In this afternoon concert, come listen to Leo play your favorite songs of guitar-singer legend James Taylor. Hits including Fire & Rain, You've Got A Friend, and more.

**Time:** 2:00p, Fyzz Lounge, Deck 7, Fwd

### BEHIND THE CURTAIN Q&A

Get to know more about some of our fabulous entertainers from the Production Staff as they answer questions about life on and off the stage

**Time:** 3:00p, Stardust Theater, Decks 6 & 7, Fwd.

### AFTERNOON MOVIE CLASSICS: PSYCHO 1960 (R)

Phoenix secretary Marion Crane (Janet Leigh), on the lam after stealing \$40,000 from her employer in order to run away with her boyfriend, Sam Loomis (John Gavin), is overcome by exhaustion during a heavy rainstorm. Traveling on the back roads to avoid the police, she stops for the night at the ramshackle Bates Motel and meets the polite but highly strung proprietor Norman Bates (Anthony Perkins), a young man with an interest in taxidermy and a difficult relationship with his mother.

**Time:** 4:00p, Stardust Theater, Decks 6 & 7, Fwd

**Length:** 1hour 49 minutes

Video/audio recording or photography of the main show is not permitted. We kindly ask that no children under the age of 18 sit in the front row and please no reserving of seats. Doors open 30 minutes before show time.

## ACTIVITIES FOR FAMILIES

### GUPPIES (AGE: 0-2): CRUISE MEMORIES

Time to make handprints and frames for mommy's and daddy's!

**Time:** 5:15p-5:45p, Splash Academy, Deck 12, Mid

### SPLASH ACADEMY (AGE 3-12): WACKY TACKY!

Wacky clothes and Tacky colors! Tacky clothes Wacky colors! It's going to be a crazy colorful night!

**Time:** 7:00p-10:30p, Splash Academy, Deck 12, Mid

## SPECIAL EVENTS

### CARDIO DANCE CLASS WITH CRUISE STAFF

Throw on your dancing shoes and join one of your Cruise Staff as they take you through this fun fast paced dance workout. Make sure to bring water because you are going to sweat it out.

**Time:** 9:00a, Spinnaker Lounge, Deck 13, Fwd

### LECTURE SERIES: DNA DISCOVERY

Join our forensics expert, Gary Koverman, for another fascinating lecture. The use of forensic evidence such as DNA may seem commonplace in modern times, but it wasn't always so. The first murder conviction that used DNA evidence to prove the guilt of a defendant involved the murder of two teenage schoolgirls in Leicestershire, England and the forensic evidence actually proved the innocence of the main suspect.

**Time:** 9:30a, Stardust Theatre, Decks 6 & 7, Fwd.

### TOTAL MEMORY RECALL SEMINAR

After Greg's presentation- Total Recall you will be able to remember names of everyone you ever meet, great jokes you hear, facts and figures and anything else you will want to remember. Get promotions, make more money, get better grades, don't miss this event, it will change your life!

**Time:** 1:30p, Stardust Theatre, Decks 6 & 7, Fwd.

### \$5,000 & DOUBLE RAFFLE BINGO

This afternoon play for a chance to win \$4,000! And the Bingo Bunch is also Doubling all your raffle tickets for a 7day Cruise for 2 to the Caribbean/Bahamas giveaway. This is one time event so don't miss out! Card sales starts 30 mins prior to game.

**Time:** 3:30p, Spinnaker Lounge, Deck 13, Fwd

### SWING DANCE CLASS WITH THE CAST

Get your dancing shoes ready because it's time to take to the dance floor with the production cast dancers. Learn some basics of Swing dance moves. Alone or with a partner, this class is fun for all.

**Time:** 6:00p, Spinnaker Lounge, Deck 13, Fwd

### MUSIC EVERYWHERE

Dance Music with Fire & Ice  
7:00p-7:45p, Fyzz Lounge, Deck 7, Fwd  
Relaxing Sounds with Soul Inspiration  
7:00p-10:00, Crystal Atrium, Deck 7, Mid  
Guitar & Vocals with Leo  
9:15p-Close, Magnum's, Deck 7, Fwd

# WHAT'S HAPPENING TODAY.

**DAY 14**  
**MONDAY**  
 October 1

← TEAR HERE

← FOLD HERE

## MORNING

All Day	Morning Show with Cruise Director Dan
7:00a	Morning Stretch
7:30a	Fab Abs
8:00a	Walk-a-Mile (Meet in Fyzz Lounge)**
8:00a	Pathway To Yoga*
8:00a-10:00a	Adult Tennis Open Play**
9:00a	Cardio Dance Class with Cruise Staff
9:00a	TRX Suspension Training*
9:00a-10:30a	Knitters & Stitchers Gathering
9:30a	Forensic Science Lecture: DNA Discovery
10:00a	Ariki Jewelry Exhibition
10:00a	Up To \$500 Slot Tournament*
10:00a-3:00p	Open Bridge Play & Cards Available
10:00a-5:00p	Sport Court Open Play**
10:15a	✓ Acupuncture For Pain and Arthritis
10:30a	Canvas By U! Painting* (Registered Guests)
10:30a	Origami Creations
10:45a	Wrinkle Solutions with Dr Jenny
11:00a	Chess Play with Fellow Guests
11:00a	<del>Kabana Jewelry Seminar</del>
11:15a	CruiseNext Future Cruise Talk
11:30a	Secrets to a Flatter Stomach Seminar

## AFTERNOON (CONT.)

TV Channel 27	3:00p
Aerobic Studio	3:00p
Aerobic Studio	3:00p
Promenade	3:30p
Aerobics Studio	3:00p-3:30p
Sports Court	3:00p-4:30p
Spinnaker	3:30p
Aerobics Studio	4:00p
Shakers Bar	5:00p
Stardust	5:00p
Tides	5:00p
Jewel Casino	5:00p-9:00p
Cagney's	5:15p
Sports Court	5:15p
Magnum's	

✓ Complimentary Footprint Analysis
Beer & Whiskey Pairing*
Behind the Curtain Q & A
Ring Toss Tournament
Bingo Card Sales*
Afternoon Karaoke with Cruise Staff
Double Raffle Ticket Bingo*
Afternoon Movie: Psycho 1960 (R)
Friends of Bill W. Meet
Evening Stretch
Evening Trivia with Cruise Staff
Professional Portraits
Guppies (Age: 0-2): Cruise Memories
Sailing Solo Social (18+)

Mandara Spa
Malting's Bar
Stardust
Sapphire Pool
Spinnaker
Fyzz Lounge
Spinnaker
Stardust
Chapel
Aerobic Studio
Spinnaker
Crystal Atrium
Splash Acad.
Spinnaker

## NIGHT

Fyzz Lounge	6:00p
Spinnaker	6:00p
Magnums	6:00p
Cagney's	6:00p-6:45p
Tradewinds	6:00p-9:00p
Spinnaker	6:30p
Aerobics Studio	7:00p-7:45p
	7:00p-8:00p
	7:00p-10:00p
Jewel Casino	7:15p
Sapphire Pool	8:00p-8:45p
Azura	8:00p-8:45p
Spinnaker	9:00p-9:45p
Jewel Casino	9:00p-9:45p
Sapphire Pool	9:15p
Magnum's	9:15-Close
Le Bistro	10:00p-10:15p
Stardust	10:15p-11:00p
Fyzz Lounge	10:00p-Close
Spinnaker	11:00p
Cagney's	11:00p-11:45p
Sapphire Pool	11:45-Close

✓ Swing Dance Class with the Cast
Tissot Exhibition
Relaxing Guitar Melodies with Tomas
<del>Piano &amp; Vocals with Dana</del>
LGBTQIA Gathering (Meet in Red Room)
Dance Music with Fire & Ice
Ratpack Music with DJ Onyx
Relaxing Sounds with Soul Inspiration
Chris Burke in Concert
Variety Music with Fire & Ice
Top Hits with Sonata
Chill Out Music with Fire & Ice
Dance Music with Sonata
Chris Burke in Concert
Guitar & Vocals with Leo
Ultimate Dance Clash Sign-Ups
Ultimate Dance Clash
Karaoke Blast with Cruise Staff
Paradise Lotto Draw (\$)
80s Rock Night with Sonata
Late Night Party with DJ Onyx***

Spinnaker
Tradewinds
Crystal Atrium
Magnum's
Fyzz Lounge
Fyzz Lounge
Spinnaker
Crystal Atrium
Stardust
Fyzz Lounge
Spinnaker
Fyzz Lounge
Stardust
Magnum's
Spinnaker
Fyzz Lounge
Jewel Casino
Spinnaker
Spinnaker

## AFTERNOON

12:00p	Texas Hold'em Tournament *
12:00p-1:00p	Pool Side Music with DJ Onyx**
12:30p	Grand Finale Art Auction
1:00p	Progressive Trivia
1:30p	Up To \$500 Blackjack Tournament*
1:30p	Bean Bag Toss Challenge**
1:30p	Fluid Retention Remedy
1:30p	Wine & Chocolate Pairing*
1:30p	Memory Recall Seminar with Greg Gleason
2:00p	The Music of James Taylor with Leo
2:00p	Engineering Challenge: Paper Table
2:00p-3:00p	Beginners Bridge Play with Fellow Guests
2:30p	Ladder Toss Tournament**

(\*) Denotes a fee for these activities

\*\* Weather Permitting

\*\*\*Spinnaker Lounge is an 18 and over adult-only venue after 11:00p

### DRINK OF THE DAY

Rebellious Fish - Russian Standard vodka/Passoa passion fruit liqueur/triple sec/orange/prosecco - \$8.95

### WATER PACKAGE

6 large bottles \$14.95, valued at \$33  
 12 large bottles \$27.95, valued at \$66  
 24 large bottles \$44.95, valued at \$132  
 Available in all bars.

\*A 20% gratuity will be added to your check for your convenience.

← TEAR HERE

← FOLD HERE

# GOOD TO KNOW.



## TODAY'S DINING OPTIONS

### MORNING

#### COMPLIMENTARY

Garden Café - Kids Corner	Continental Breakfast (Deck 12)	6:00a-7:00a
Garden Café	Breakfast (Deck 12, Mid)	7:00a-10:30a
Great Outdoors**	Breakfast (Deck 12, Aft)	8:00a-12:00p
O'Sheehan's Bar & Grill	Breakfast (Deck 8, Mid)	6:00a-11:00a
Tsar's Palace	Dining Room (Deck 7, Aft)	7:30a-9:30a

### AFTERNOON

#### COMPLIMENTARY

Chin Chin	Noodle Bar (Deck 7, Mid)	12:00p-1:30p
Garden Café	Lunch (Deck 12, Mid)	12:00p-2:30p
Additional seating- La Cucina	(Deck 12, Aft)	
Great Outdoors**	Snacks (Deck 12, Aft)	2:30p-5:00p
O'Sheehan's Bar & Grill	Lunch (Deck 8, Mid)	11:30a-5:00p
Topsider's Grill**	Poolside (Deck 12, Mid)	12:00p-5:00p
Tsar's Palace	Lunch (Deck 7, Aft)	12:00p-1:30p

### DINNER

#### COMPLIMENTARY

Azura	Dining Room (Deck 6, Mid)	5:00p-9:00p
Chin Chin	Asian Fusion (Deck 7, Mid)	5:30p-9:30p
Garden Café	Pork Ribs (Deck 12, Fwd)	5:00p-9:30p
O'Sheehan's	Pork Ribs (Deck 8, Mid)	5:30p-8:30p
Tsar's Palace	Dining Room (Deck 7, Aft)	5:30p-9:30p

#### CHARGE APPLIES

Cagney's (À La Carte)	Steakhouse (Deck 13, Mid)	5:30p-9:30p
La Cucina (À La Carte)	Italian (Deck 12, Aft)	5:30p-9:30p
Le Bistro (À La Carte)	French (Deck 6, Mid)	5:30p-9:30p
Moderno (\$24.95)*	Brazilian (Deck 13, Mid)	5:30p-9:30p
Sushi Bar (À La Carte)	Japanese (Deck 7, Mid)	5:30p-9:30p
Teppanyaki (\$29.95)*	Teppanyaki (Deck 7, Mid)	5:30p, 7:00p, 8:30p, 10:00p

\*Please note that these charges are per person. A 20% gratuity will be added to your check.

\*\*Weather permitting.

#### FOR THE ANYTIME APPETITE

Garden Café	Late Night Snack	9:30p-11:00p
O'Sheehan's Bar & Grill	Late Night Snacks	12:00a-4:00a
Room Service*	Stateroom Delivery	Always Open

\*Room Service: A Convenience Charge of \$7.95 will be added to all food orders from 10:00a until 6:30a.

Restaurant Cancellations: Dinner reservations at specialty restaurants must be cancelled 24 hours in advance, otherwise a cancellation fee will be charged to your account.

Dress Code: Resort casual and shorts are allowed in all dining venues except in Tsar's Palace Dining Room and Le Bistro after 5:00p where a dress code is applicable and which posted at the entrance.

**SAFETY INFORMATION:** Open flames (candles/incense) are strictly prohibited. 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). Observe safety signs in your stateroom and throughout the ship. **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. **ENVIRONMENTAL HOTLINE:** You can report environmental incidents by calling 1-877-501-5976; 1-305-436-4003; 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. **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. **CONSUMER ADVISORY:** Please be advised that food onboard may contain nuts. If you have any questions please contact our Restaurant Management staff. **CASINO:** You have to be 18 years old to gamble or be in the casino. Video recording is strictly prohibited. All jackpots of \$1200 and above are subject to IRS reporting and a W2G will be issued. Wins less than \$1200 are not taxes mandated by the IRS. **VIDEO ARCADE:** All guests including children can play the games in the video arcade by using their Freestyle card. We recommend parents monitor their children's onboard charges. **SMOKING POLICY:** Smoking in public areas is only permitted in designated spaces of open decks (Deck 7, Port side by the wall-hung ashtrays and at the Port side seating area of at the Sky High Bar, Deck 13), 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. **SUN LOUNGERS:** Reserving lounge/sun chairs is prohibited. If any chair is unattended for longer than 60 minutes, the items will be removed and handed in at Guest Service Desk, Deck 7, Mid. **WALKING & JOGGING:** Deck 13 is a walking/jogging track open 24/7. Deck 7 is a walking-only track from 9:00a. Remember, all sports play is at your own risk.

## 24 HOURS OF OPERATION

### BAR SERVICES

Fyzz Lounge Bar, Deck 7, Fwd	5:00p-Close
Java Café, Deck 7, Mid	7:00a-Close
Jewel Casino Bar, Deck 6, Fwd	8:30a-Close
Magnum's Champagne & Wine Bar, Deck 6, Mid	1:00p-Close
Malting's Beer & Whiskey Bar, Deck 6, Mid	3:00p-Close
O'Sheehan's Bar & Grill, Deck 8, Mid	11:00a-Close
Sake Bar, Deck 7, Mid	5:00p-Close
Shakers Martini & Cocktail Bar, Deck 6, Mid	1:00p-Close
Spinnaker Lounge, Deck 13, Fwd	10:00a-Close
Sky High Bar, Deck 13, Fwd**	9:00a-Close
Sugarcane Mojito Bar, Deck 13, Mid	11:30a-Close
	5:00p-Close
The Great Outdoors, Deck 12, Aft**	10:00a-Close
Topsiders Bar, Deck 12, Mid	8:00a-Close

### GUEST SERVICES

Art Gallery, Deck 7, Aft	7:00p-11:00p
Bridge Viewing Room, Deck 11, Fwd	Open All Day
CruiseNext Office, Deck 7, Mid	10:30a-2:30p
	6:30p-8:00p
Entourage Teen Club, Deck 12, Mid	11:00a-1:00p
	3:00p-7:00p
	9:00p-12:00a
Golf Cages, Deck 13, Aft (Golf clubs available at Towel Station)	8:00a-5:00p
Guest Service Desk, Deck 7, Mid	Always Open
Guppies Playroom, Deck 12, Mid	9:00a-9:00p
Humidor Cigar Lounge, Deck 6, Mid	Always Open
Internet Café, Deck 7, Aft	Always Open
Internet Manager's Hour	9:00a-12:00p
	2:00p-5:00p
	7:00p-9:00p
Jewel Casino, Deck 6, Fwd	9:00a-Close
Karaoke Private Rooms, Deck 7, Fwd (\$)	6:00p-Close
Library, Deck 12, Fwd	Always Open
Library Book Check Out, Deck 12, Fwd	9:00a-11:00a
(Sudoku & Crosswords Available All Day)	2:00p-4:00p
Mandara Spa, Deck 12, Fwd	8:00a-10:00p
Medical Center, Deck 4, Mid	8:00a-9:30a
(Medical Services are subject to charge)	6:00p-7:30p
Onboard Credit Desk, Deck 7, Mid	9:00a-12:00p
	5:00p-8:00p
Perspectives Photography Studio	7970 for an appt.
Photo Gallery, Deck 7, Aft	9:00a-10:00p
Ping Pong Tables, Deck 12, Mid	8:00a-8:00p
Pulse Fitness, Deck 12, Fwd	6:00a-11:00p
Sapphire Pool & Hot Tubs, Deck 12, Mid**	7:00a-10:00p
Shore Excursion Desk, Deck 7, Mid	10:00a-1:00p
	5:00p-8:00p
Shuffleboard, Deck 7, Starboard Side & Deck 13, Port Side**	8:00a-8:00p
Splash Academy, Deck 12, Mid	9:00a-12:00p
	2:00p-5:00p
	7:00p-10:30p
Splash Academy Late Night Fun Zone, Deck 12, Mid (\$)	10:30p-1:30a
Sports Court, Deck 13, Aft**	8:00a-5:00p
Tradewinds Tax & Duty Free Shop, Deck 7, Aft	10:00a-10:00p
Video Arcade, Deck 12, Mid (\$)	Always Open
Waterslide Hours, Deck 12, Mid**	10:00a-6:00p

(\$) Denotes a fee      \*\*Weather Permitting

#### In-stateroom phone rate:

Call home from the comfort of your stateroom. Rate \$4.99/min

### SAVE NOW, SAIL LATER WITH CRUISENEXT

Cruising with Norwegian again in the next 4 years? Bringing friends and family with you? Sailing on back to back cruises? Make sure you take advantage of exclusive onboard savings up to \$500 with CruiseNext deposits. See the CruiseNext team and check out Channel 25 for more details. This offer is available only onboard. Don't miss out. Time: 10:00a-1:00p & 2:00p-7:00p, CruiseNext Office, Deck 7, Mid