FREESTYLE DAILY



TODAY'S FORECAST Sunny, 50°F/10°C

SUNRISE 6:22a

SUNSET 6:32p

IT'S TIME TO RELAX AND FEEL FREE

Today, we have a lot of activities for you to enjoy around the beautiful Norwegian Jewel. Feel Free to engage with your Cruise Staff in Arts & Crafts or Trivia or for those of you who have two left feet, don't worry, just join us at one of our dance classes today and show off your new dance skills when you get home. Experience the thrill of a Stardust show or relax in our bars and lounges with live music around the ship. The out one of our specialty restaurants and feel free to dine whenever you want. Check out the great Spa specials and pamper yourself but most of all, feel free to choose to do what you want to do and enjoy.

BELLET LAS

TIME CHANGE: Did you remember to set your clocks back 1 hour? (2:00a September 30)
TIP OF THE DAY: Tonight, we will go back another hour. (2:00a October 1)

NORWEGIAN JEWEL DAY 13 SUNDAY SEPTEMBER 30 At Sea

BARS AND LOUNGES

Pop some bubbly and toast to the good life at the Magnum's Champagne and

Wine Bar. Kick back with a cocktail then dance it out at Spinnaker Lounge.

Whether you're looking to meet up with friends or make new ones, there's always an opportunity to mix it up.

LIVE MUSIC EVERY NIGHT

Every night we'll feature live music around the ship whether you prefer classic music, party music, Latin music or the full orchestra. We have something for everyone.

- Leo Guitar Man Extraordinaire
- Soul Inspiration Dynamic Music Duo
- Dana Piano Bar Classics
- Sonata Groovin 6 Piece Party Band
- Fire & Ice High Energy Vocal & Dance Duo
- Jewel Showband Versatile Orchestra Band

DRESS UP OR NOT NIGHT

This is your chance to dress up and enjoy another evening of glamour, great entertainment and dining around Norwegian ewel. At 5:15p meet Captain Giorgio for a photo in the Crystal Atrium. Your Photographers will also have a selection of backdrops available from 5:00p-9:00p.

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

CARDIO DANCE CLASS WITH CRUISE STAFF

Time: 9:00a

Place: Spinnaker Lounge, Deck 13, Fwd

LECTURE SERIES: JONBENÉT RAMSEY

Time: 9:30a

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

FRUIT & VEGETABLE CARVING DEMONSTRATION

Time:10:30a

Place: Crystal Atrium, Deck 7, Mid

TEST YOUR KNOWLEDGE WITH CRUISENEXT

Time: 11:30a

Place: Fyzz Lounge, Deck 7, Fwd.

PROGRESSIVE TRIVIA ROUND 8

Time: 1:00

Place: Spinnaker Lounge, Deck 13, Fwd.

ENGINEERING CHALLENGE: PAPER BRIDGE

Time: 2:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

JAPAN PORT HIGLIGHTS & TIPS PRESENTATION

Time: 4:00p

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

PHOTOS WITH CAPTAIN GIORGIO

Time: 5:15p-5:45p

Place: Crystal Atrium, Deck 7, Mid

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

GET THE GOOD TIMES GOING.

TODAY'S ENTERTAINMENT LINEUP

THE MAGIC OF GREG GLEASON

Greg is one of the top magicians in the world today! He starred in Wizards Secret at the MGM and Gleason Magic at the Venetian performing over 9,000 shows. You may have seen him on the Tonight Show with Jay Leno or on the World Magic Awards.

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

AFTERNOON CONCERT: LOVE MOODS WITH FIRE & ICE

Heat up your afternoon with the sounds of Fire & Ice, as they bring you iconic songs for feeling romance between you and your sweetheart.

Time: 2:00p-3:00p, Fyzz Lounge, Deck 7, Fwd.

HYPNOSIS FOR WEIGHT LOSS SEMINAR

Are you tired of yo-yo dieting? Do you get frustrated with your lack of self-control when it comes to eating? Why is it so hard to motivate yourself to work out? Everyone wants to look and feel better but mental blocks prevent us from taking the steps to change. You can break the bad habit cycle through an effective therapy called hypnosis.

Time: 2:30p, Stardust Theater, Decks 6 & 7, Fwd.

NORWEGIAN'S WHITE HOT PARTY (18+)

Feel the bass pumping as you dance the night away in a wonderland of white. Don't miss one of the biggest parties of the croise. Dress in white and get ready to experience the hottest party at sea with your Cruise Director Dan, your White Hot Angel Dancers, your Cruise Staff and your entertainment family. The music will be provided by Sonata as they melt the ice on the dance floor, then DJ Onyx will take over with more hits. Wear white...or not - everyone is invited.

Time: 10:00p, Spinnaker-Lounge, Deck 13, Fwd

ACTIVITIES FOR FAMILIES

GUPPIES (AGE: 0-2): WIGGLES AND GIGGLES

Come join our Guppies class today as we use all senses with different shapes and colors and have lots of laughs!

Time: 515p-5:45p, Splash Academy, Deck 12, Mid

SPLASH ACADEMY (AGE 3-12): COWBOYS IN OUTER SPACE

Yeehaw! Choose cowboys or Aliens as we jump into space with crazy and active games!

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

SPECIAL EVENTS

LECTURE SERIES: JONBENÉT RAMSEY

Join our forensics expert, Gary Koverman, for a fascinating look into the JonBenét Ramsey case. The brutal murder of 6-year-old JonBenét on Christmas night in 1996 shocked America to its core. This is a renewed examination of the evidence from a forensic scientist that actually worked on the case while working for the Colorado Bureau of Investigation.

Time: 9:30a, Stardust Theater, Decks 6 & 7, Fwd

LATIN LINE DANCE CLASS

It's time to learn some new dance moves from your Cruise Staff. They will teach you the basics of Latin Line dance that you can show off to your family and friends. Alone or with a partner, this class is fun for all

Time: 3:15p, Spinnaker Lounge, Deck 7, Fwd.

JAPAN PORT HIGLIGHTS & TIPS

Join Ellie again today for some of the highlights of our upcoming ports in Japan and useful tips.

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

JAZZ DANCE CLASS WITH THE CAST

It's time to learn some new dance moves from your Norwegian Jewel Production Cast dancers. They will teach you the basics of Dancing to Jazz Music that you can show off to your family and friends. This class is fun for all.

Time: 6:00p, Fyzz Lounge, Deck 7, Fwd

BANDAOKE WITH THE PARTY BAND SONATA

Enjoy karaoke being played for you live, Join us tonight for an amazing experience of singing with your favorite band on the high seas Sonata.

Time: 8:15p-9:00p, Spinnaker Lounge, Deck 7, Fwd

MUSIC EVERYWHERE

Relaxing Sounds with Soul Inspiration 6:30p-10:00p, Crystal Atrium, Deck 7, Mid Dance Music with Fire & Ice 7:00p-7:45p, Fyzz Lounge, Deck 7, Fwd Pub Classics with Leo 6:00p-9:30p, Magnum's, Deck 6, Mid

WHAT'S HAPPENING TODAY.

11:00a

11:30a

DAY 13 SUNDAY SEPTEMBER 30

Art Gallery

Chin Chin

AFTERNOON (CONT.) MORNING

All Day	Morning Show with Cruise Director Dan	TV Channel 27	3:15p	Latin Line Dance Class	Spinnaker
7:00a	Morning Stretch	Aerobic Studio	3:30p	Ring Toss Challenge	Sapphire Pool
7:30a	Fab Abs	Aerobic Studio	4:00p	Japan Port Highlights & Tips	Stardust
8:00a-10:00a	Adult Tennis Open Play**	Sports Court	4:00p	Visual Trivia	Spinnaker
8:00a	Tour De Cycle *	Aerobic Studio	5:00p	Evening Stretch	Aerobic Studio
9:00a	Inter- Faith Service with Fellow Guests	Fyzz Lounge			
9:00a	Cardio Dance Class with Cruise Staff	Spinnaker	5:00p	Evening Trivia with Cruise Staff	Spinnaker
9:00a	Digital Camera Helpdesk	Photo Gallery	5:00p-6:15p	Piano Melodies with Dana	Crystal Atrium
9:00a	Pathway To Yoga*	Aerobics Studio	5:00p-9:00p	Professional Portraits	Crystal Atrium
9:30a	Lecture Series: JonBenét Ramsey	Stardust	5:15p	Guppies (Age: 0-2): Wiggles and Giggles	Splash Acad.
9:30a-10:30p	Knitters & Stitchers Gathering	Shakers Bar	5:15p	Sailing Solo Social (18+)	Spinnaker
9:45a	Morning Trivia with Cruise Staff	Spinnaker	5:15p-5:45p	Photos with Captain Giorgio	Crystal Atrium
10:00a	Up To \$500 Slot Tournament*	Jewel Casino			
10:15a	International Hair Show	Magnums	NIGHT		
10:30a	Origami Creations with Cruise Staff	Spinnaker	6:00p	Friends of Bill W. Meet	Chapel
10:30a	Fruit & Vegetable Carving Demo	Crystal Atrium	6:00p	Jazz Dance Class with the Cast	Fyzz Lounge
11:00a	Binocular Helpdesk	Photo Gallery	6:00p-9:30p	Pub Classics with Leo	Magnum's
			0.00p 0.00p	I do oldooloo will boo	magnanis

6:00p-10:00p

6:00p-10:00p

Tradewinds

Fyzz Lounge

Aerobics Studio

			6:30p	LGBTQAI Gathering (Meet in Red Room)	Fyzz Lounge
AFTERNOON			6:30p-10:00p	Relaxing Sounds with Soul Inspiration	Crystal Atrium
12:15p	Chinese Herbal Medicine with Dr Ram Babu	Magnums	7:00p-7:45p	Dance Music with Fire & Ice	Fyzz Lounge
12:30p	Let's Talk with Jeff	Fyzz Lounge	7:00p-8:00p	Ballroom Hour with DJ	Spinnaker
12:30p	\$350,000 Satellite Poker Tournament*	Jewel Casino	7:15p	The Magic of Greg Gleason	Stardust
1:00a	Progressive Trivia	Spinnaker	8:00p-8:45p	Variety Music with Fire & Ice	Fyzz Lounge
1:00p-5:00p	Sport Court Open Play**	Sports Court	8:15-9:00p	Bandaoke with Sonata	Spinnaker
1:30p	Up To \$500 Blackjack Tournament*	Jewel Casino	8:30p	Spot The Fake Emerald Drawing	Tradewinds
1:30p	Bean Bag Toss Challenge	Sapphire Pool	9:00p-9:45p	Music Continues with Fire & Ice	Fyzz Lounge
2:00p	Engineering Challenge: Paper Bridge	Spinnaker	9:00p-10:00p	Pre-White Hot Music with DJ Onyx	Spinnaker
2:00p	Relieving Back Pain	Aerobics Studio		The Magic of Greg Gleason	Stardust
2:00p-3:00p	Love Moods with Fire & Ice	Fyzz Lounge			
2:00-5:00p	Anti-aging consultations with Dr Jenny	Mandara Spa	9:45p-Close	Piano & Vocals with Dana	Magnum's
2:30p	Jewelry Trivia	Tradewinds _	10:00p-11:00p	Norwegian's White Hot Party with Sonata	Spinnaker
2:30p	Ladder Toss Challenge	Sapphire Pool	10:00p-Close	Karaoke Blast with Cruise Staff	Fyzz Lounge
2:30p	Hypnosis for Weight Loss Seminar	Stardust	11:00p	Paradise Lotto Draw *	Jewel Casino
3:00p	Paradise Lotto Draw*	Jewel Casino	11:00p-Close	Late Night Party with DJ Onyx***	Spinnaker

(*) Denotes a fee for these activities

** Weather Permitting

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

Grand Finale Art Auction Sneak Peak

Guess The Price of The Peter Max

DRINK OF THE DAY

Long Island Iced

Tea Don julio Blanco Tequila, Captain Morgan Spiced Rum, Tanqueray Gin, Smirnoff Vodka, Triple Sec, Fresh Lemon juice, Cola \$8.95 any other day \$10.95

Color Gemstone Seminar

Burn Fat Faster

Test your Knowledge with CruiseNext

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.

KNOW.



Wi-Fi available bow to stern.



TODAY'S DINING OPTIONS

MORNING

COMPLIMENTARY

Garden Café - Kids Corner Garden Café Great Outdoors** O'Sheehan's Bar & Grill Tsar's Palace

Continental Breakfast (Deck 12) 6:00a-7:00a 7:00a-10:30a Breakfast (Deck 12, Mid) Breakfast (Deck 12, Aft) 8:00a-12:00p 6:00a-11:00a Breakfast (Deck 8, Mid) 7:30a-9:30a Dining Room (Deck 7, Aft)

AFTERNOON

COMPLIMENTARY

Chin Chin Garden Café Additional seating- La Cucina Great Outdoors** O'Sheehan's Bar & Grill Sky-High Bar & Grill Topsider's Grill** Tsar's Palace

Noodle Bar (Deck 7, Mid) 12:00p-1:30p Latin Lunch (Deck 12, Mid) 12:00p-2:30p (Deck 12, Aft) Snacks (Deck 12, Aft) 2:30p-5:00p Lunch (Deck 8, Mid) 11:30a-5:00p Burgers & Hotdogs (Deck13) 12:00p-3:00p Poolside (Deck 12, Mid) 12:00p-5:00p Lunch (Deck 7, Aft) 12:00p-1:30p

DINNER

COMPLIMENTARY

Azura
Chin Chin
Garden Café
O'Sheehan's
Tsar's Palace

Dining Room (Deck 6, Mid) 5:00p-9:00p Asian Fusion (Deck 7, Mid) 5:30p-9:30p Dinner Buffet (Deck 12, Fwd) 5:00p-9:30p Roast Turkey Breast Deck 8) 5:00p-8:30p 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)	5:00p-9:30p
Sushi Bar (A La Carte) Teppanyaki (\$29.95)*	Japanese (Deck 7, Mid) Teppanyaki (Deck 7, Mid)	5:00p-9:30p 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. Additional taxes may apply while in certain ports & itinerary.

FOR THE ANYTIME APPETITE

Garden Café
O'Sheehan's Bar & Grill
Room Service*

Late Night Snack Late Night Snacks Stateroom Delivery

10:00p-11:00p 12:00a-4:00a Always Open

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

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 Tsar's Palace Dining Room and Le Bistro after 5:00p where a dress code is applicable: Men: Collared shirt, pants or nice jeans with no rips, closed toed shoes. No baseball caps or visors. Women: Slacks or jeans, dresses, skirts and tops.

THOURS OF OPERATION

BAR SERVICES

5:00p-Close
7:00a-Close
9:00a-Close
1:00p-Close
3:00p-Close
11:00a-Close
5:00p-Close
11:00a-Close
10:00a-Close
5:00p-Close
10:00a-Close
10:00a-Close
8:00a-Close

GUEST SERVICES	
Art Gallery, Deck 7, Aft	6:00p-10:00p
Bridge Viewing Room, Deck 11, Fwd	Open All Day
CruiseNext Office, Deck 7, Mid	10:00a-1:00p
Cruisenext Office, Deck 7, Wild	
Enterwanne Team Club Deels 40 Mid	2:00p-4:30p
Entourage Teen Club, Deck 12, Mid	11:00a-1:00p
	3:00p-7:00p
0.100	9:00p-1:00a
Golf Cages, Deck 13, Aft (Golf clubs available at Towel Station	
Guest Service Desk, Deck 7, Mid	Always Open
Guppies Playroom, Deck 12, Mid	9:00a-9:00p
Internet Café, Deck 7, Aft	Always Open
Internet Manager's Hour	9:00a-12:00p
	2:00p-5:00p
	7:00p-10:00p
Jewel Casino, Deck 6, Fwd-Tables	9:00a-Close
Jewel Casino, Deck 6 Fwd-Slots	Continuous
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
(Trivia, 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
Portraits Atrium Deck 7 Mid	5:00p-9:30p
Port Shopping Information Desk - Crystal Atrium, Deck 7, Mic	6:00p-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 for this program

**Weather Permitting

In-stateroom phone rate:

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

IMPORTANT NOTICE ON ELECTRONIC DEVICES

Fire prevention is always a priority on board, therefore we kindly ask our guests to unplug all electronic devices before leaving their stateroom. These devices could include but are not limited to cell phones, cameras, electric shavers, and hair dryers. Your stateroom attendant has been instructed to disconnect any electronic device that has been left unattended. We thank you for your understanding and compliance with this safety policy.

PSAFETY 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.