

FREESTYLE DAILY



TODAY'S FORECAST Chance of Rain, 86°F/30°C

SUNRISE 6:30a

SUNSET 8:04p

ARRIVAL 8:30a

LAST TENDER 3:00p

SAY HELLO TO GREAT STIRRUP CAY

Norwegian Cruise Line's Great Stirrup Cay is the northern most island in a chain, known as the Berry Islands of the Bahamas, situated along the Northwest Providence Channel. This unspoiled paradise of white sand beaches, majestic coconut palms and calm pristine waters are home to lizards, sea gulls and an abundance of neon colored fish. Purchased from Belcher Oil Company in 1977, it made Norwegian Cruise Line the first cruise line to have a private "out island." So Feel Free to unwind in our very own tropical oasis, just for you.

TIP OF THE DAY: Announcements can be heard on your stateroom television by tuning into channel 12.

NORWEGIAN GETAWAY

DAY 2

SUNDAY

JULY 17, 2022

Great Stirrup Cay, Bahamas

GET READY FOR ADVENTURE

Relax on the beach with a chair or umbrella, nap in a hammock, get a massage, or choose from one of many activities and shore excursions that include snorkeling, stingray adventures, eco-tours, kayaking and parasailing. Enter the Entertainment Zone to get involved (see page 3).

WHAT TO BRING?

- Guest Key Card - Use it to purchase drinks ashore
- Towels - Take and return them to the ship
- Sunblock - The sun is strong in the Bahamas (even if it's cloudy)
- Cash - Spend it at the "straw market" where the locals sell souvenirs (not affiliated with NCL)
- Water Shoes or Sandals - Protect your feet from sharp rocks or coral

LAST MINUTE TENDER TICKETS

If you wish to go ashore during the initial hours of our stay in port and you haven't reserved a tender ticket, you may do so by using your in-stateroom television (iTV) or any touchscreen around the ship. To book your tender ticket, please select "Tendering" from the main screen. After choosing a tender group, your Freestyle Key Card will serve as your ticket. Please proceed to the meeting point only after your tender group has been announced over the PA system. If you are on a Norwegian Cruise Line organized Shore Excursion, your excursion ticket serves as your tender ticket.

DO I HAVE TO WEAR A FACE MASK ASHORE?

When going into port, you should take care to observe all local mask ordinances that are in place. Requirements may vary, but we generally expect that you will be able to remove your mask in outdoor settings where you are able to maintain at least 6 feet (2 meters) of distance between your travel party and others. For indoor locations, we expect a mask will need to be worn. We are continuously assessing the mask policy and will make updates as public health standards progress.

PORT AGENT INFORMATION

Richard Ryan - UNITED SHIPPING CO., LTD. - GSC
operations@unitedshippingnassau.com
UNITED SHIPPING CO. LTD. - GSC,
5th Floor Centerville House T, 2nd Terrace Centerville NASSAU Bahamas
(242) 322-1340 / 1 / 2 / 3 - Cell: (242) 422-3250

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

NEED A RIDE?

Please be advised that taxis are very limited in Port Canaveral. Ship organized transfers from port to Orlando International Airport (MCO) for flights after 12:00pm are available for \$37.50 per person. Simply register at the Guest Service Desk, located on Deck 6, Mid. Deadline for transfer sales is on Thursday at 12:00pm. Let us make your departure worry free!

GOING ASHORE?

WELCOME TO GREAT STIRRUP CAY, BAHAMAS

Norwegian Getaway will be anchoring in Great Stirrup Cay, Bahamas and guests will be transported ashore by small boats called tenders to the tender pier. To ensure we get you ashore as quickly and safely as possible, please keep the following in mind:

- If you are on a Norwegian Cruise Line organized Shore Excursion, please check your ticket for the meeting time and location.
- All other guests, kindly refrain from proceeding to the gangways until your tender group has been announced.
- Each guest needs to carry their Getaway guest key card, a valid photo ID (18+).
- All guests are reminded to maintain a high level of vigilance and to take appropriate steps to increase their security and safety awareness when departing the vessel.
- As per local laws, no food or dairy products are allowed off or on the vessel in our ports of call.
- Guests are prohibited from bringing any beverages back on board including liquor, beer and non-alcoholic drinks such as water, soda and juices.

DEPARTING THE SHIP

Announcements to go ashore can be heard in any public area, as well as Channel 12 on your stateroom television. Once your tender group has been called to depart, please go to your designated meeting point. Where a member of our staff will assist you into the tender.

During our initial tendering process certain mid-ship elevators will have limited usage to Deck 6 only. Team members will be around to assist you and to assist guests with mobility concerns. Scooters are not permitted in the tenders. Please follow the instructions given by our directional staff.

Once the initial rush is over and open tender is announced, only then will the mid-ship elevators have full access to all decks. This may be the same when returning from ashore depending on the time of day, amount of guests returning, or for Security Operations.

RETURNING TO THE SHIP

After your adventures ashore, you will not need a reservation for the return trip back to the ship. However, please allow ample time to tender back to the ship.

MODERNO CHURRASCARIA

Looking for a unique experience? Our authentic Brazilian Churrascaria is a must. Start with an impressive 43-item salad bar, but save plenty of room for 12 slow roasted meats carved tableside by your Passadores. Cover charge applies. A 20% gratuity and beverage service charge will be added to your check. Deck 8, Aft

WHAT'S HAPPENING TODAY.



DAY 2
SUNDAY
JULY 17

◀ TEAR HERE

◀ FOLD HERE

AT GREAT STIRRUP CAY

All Day	Bean Bag Toss Open Play
10:00a-2:00p	Adult Volleyball Open Play**
11:00a	Bean Bag Toss Tournament **
11:30p	Island Fun Game with Cruise Staff **
11:45a-12:30p	Caribbean Sounds with Jammroc **
12:00p	Hula Hoop Contest **
12:00p-2:00p	Bacardi Beach Party with DJ **
12:30p	Bahama Mama Competition
12:30p	Volleyball Tournament **
12:45p-1:30p	Party Hits with Jammroc **
1:00p	Adult Limbo Competition with Cruise Staff**
1:15p	Caribbean Line Dances with Cruise Staff**

MORNING

All Day	Getaway Today with Yanique
7:00a	Morning Stretch Class
7:30a	Fab Abs Class
8:00a-6:00p	Quiet Zone
8:00a-9:00p	Ping Pong On Your Own**
8:00a-9:00p	Giant Chess On Your Own (Stbd)**
8:00a-10:00p	Sports Court On Your Own**
9:00a	Ping Pong Tournament (18+)(Stbd)**
9:00a	Origami Class with Cruise Staff
9:30a	Good Morning Trivia
10:00a-6:00p	Aqua Park Water Slides**
10:30a	Arts & Crafts: Bracelet Making
11:30a	Nintendo Wii Open Play

AFTERNOON

12:30p-2:30p	Poolside Beats with DJ **
12:30p	Happy Afternoon Trivia
1:30p	Movie: Sing 2 (PG 1h50m)
2:00p-6:00p	Free Fall Water Slide**
2:15p	Fun Line Dances **
3:00p-5:00p	Feel Free Play (Children of all Ages w/ Parents)
3:00p-1:00a	Entourage Teen Club (13-17 only)
3:30p	Tri-Bond Trivia
3:30p-4:30p	Sail Away Music with DJ **
4:00p	Walk in Clinic: Acupuncture
4:00p-6:00p	Show Reservation Desk
4:00p-7:00p	Ropes Course**
4:00p-7:00p	Jenga On Your Own**
4:00p-7:00p	Bag-O On Your Own**
4:00p-9:00p	Guess The Weight Of Anabelle
4:15p	Fun Music Trivia

* Denotes a fee for these activities
** Weather Permitting

DRINK OF THE DAY

Long Island Ice Tea \$9.00
Rum, Gin, Vodka, Triple sec, Tequila, Fresh Lemon juice, Pepsi®
A 20% gratuity will be added to your check for your convenience.
Port Tax applicable while in US waters.

AFTERNOON

Ent. Zone	5:00p	Balloon Twisting	Atrium
Volleyball Ct.	5:00p	Solo Travelers Gathering	Bliss Lounge
Bacardi Bar	5:00p	\$100,000 Winner Take All Slot Qualifier *	Casino
Bacardi Bar	5:00p	Walk in Clinic: Dysport and Restylane	Mandara Spa
Ent. Zone	5:00p	Designer Watches: Up to 75% Off	Tradewinds
Bacardi Bar	5:00p-6:00p	See Dalen for another Free Charm	Atrium
Bacardi Bar	5:00p-6:00p	Friends of Bill W. Meet	Atlantic Room
Bacardi Bar	5:00p-6:00p	Informal Veterans Meet	Sunset
Volleyball Ct	5:30p	Blackjack Tournament*	Casino

NIGHT

Channel 19	6:00p	Burn the Floor "Leading Me On"	Tropicana
Pulse Fitness	6:00p	Majority Rules Game Show	Atrium
Pulse Fitness	6:00p	Soccer Penalty Kicks Challenge (18+)**	Deck 18, Aft
Spice H ₂ O	6:00p	Evening Stretch Class	Pulse Fitness
Deck 15, Fwd	6:00p	Collect Your Free Bon Voyage Charm Bracelet	Tradewinds
Deck 8, Mid	6:00p	Informal LGBTQIA+ Meet	Sugarcane
Deck 18, Aft	6:00p-9:00p	Spin And Win Competition	Art Gallery
Deck 15, Fwd	6:00p-10:30p	Portraits tonight – Free To Try	Deck 8/ Atrium
Atrium	6:30p-7:30p	Evening Chillout with DJ	Sugarcane
Atrium	6:45p-7:30p	Dine & Dance with Jammroc	Tropicana
Deck 16, Mid	7:00p	Jeff Taveggia: Juggling and Other Bad Habits ^ -	Theater
Atrium	7:00p	Pub Quiz with Cruise Staff	Syd Norman's
Atrium	7:00p-10:00p	Splash Academy (5-12 years)	Splash Deck 12
Atrium	7:15p-8:15p	Easy Listening with Antonio	Atrium
Atrium	7:30p	Broadway Unplugged	Illusionarium
Atrium	8:00p	Movie Under the Stars: Black Panther **	Spice H ₂ O
Poolside	8:00p-8:45p	Pop & More with Prelude Duo	Sugarcane
Atrium	8:00p-9:00p	Hot Seat Promotion	Casino
Atrium	8:00p-10:00p	Family Karaoke Blast	Syd Norman's
Atrium	8:30p	Discover Kallati Jewelry	Tradewinds
Deck 16, Mid	8:30p	Wheel of Ill Will Game Show	Atrium
Poolside	9:00p	Jeff Taveggia: Juggling and Other Bad Habits ^ -	Theater
Splash Deck 12	9:00p-9:45p	Carpenters Tribute With Prelude Duo	Sugarcane
Entourage	9:00p-10:00p	18-21 Informal Social Mixer	Bliss Lounge
Atrium	9:00p-1:00a	Howl at the Moon Dueling Pianos	Headliners
Poolside	9:15p-10:15p	Piano & Vocals with Antonio	Atrium
Mandara Spa	9:30p	Broadway Unplugged	Illusionarium
Box Office	9:30p-10:30p	Get the Party Started with DJ Vito **	Poolside
Deck 17, Aft	10:00p-10:45p	Variety Music with Prelude Duo	Sugarcane
Deck 17, Aft	10:30p	Late Night Movie: The 355 (PG13)	Atrium
Deck 17, Aft	10:30p	Dancing Through the Decades Party **	Poolside
Art Gallery	10:30p-12:30a	Adult Karaoke Madness (18+)	Syd Norman's
Atrium	11:00p-Close	Afterparty with DJ (18+)	Bliss Lounge
Atrium	12:00a	Over \$1,000,000 Lotto Drawing*	Casino

^ Photography and video recording of this show is prohibited.
- Latecomers unfortunately will not be allowed into the performance.

SAIL & SUSTAIN COCKTAIL

Watermelon Twist \$12
Don Julio Blanco, Ancho Reyes, Lime juice, Watermelon Cordial
Available at Sugar Cane Waterfront Bar, Deck 8 Mid
A 20% gratuity will be added to your check for your convenience.
Port Tax applicable while in US waters.

◀ TEAR HERE

◀ FOLD HERE

GOOD TO KNOW.



24 HOURS OF OPERATION

BAR SERVICES

Atrium Bar, Deck 6, Mid	6:30a-12:00a
Bar 21, Deck 7, Mid	5:00p-Close
Bliss Ultra Lounge, Deck 7, Mid	9:00p-Close
Headliners, Deck 6, Mid	8:00p-1:00a
Market Place/Garden Café Bar, Deck 15, Aft	11:00a-Close
Market Place/Juice Bar, Deck 15, Aft	6:00a-Close
Mixx Bar, Deck 6, Aft	5:00p-11:00p
O'Sheehan's Bar, Deck 7, Mid	8:00a-Close
Prime Meridian Bar, Deck 8, Aft	5:00p-11:00p
SKYY VODKA Ice Bar, Deck 8, Mid*	5:00p-12:00a
Spice H ₂ O Bar, Deck 16, Aft (18+)**	12:00p-Close
Starbucks®, Deck 6 Mid	6:00a-10:00p
Sugarcane Mojito Bar (indoor), Deck 8, Mid	3:00p-Close
Sail & Sustain Bar (outdoor), Deck 8, Mid**	4:00p-10:00p
Sunset Bar, Deck 8, Mid	3:00p-1:00a
Syd Norman's Pour House Bar (outdoor), Deck 8, Fwd**	2:00p-1:00a
Syd Norman's Pour House Bar (indoor), Deck 8, Fwd	8:00p-1:00a
Vibes Bar, Deck 17 Fwd**	8:00a-8:00p
Waves Pool Bar, Deck 15, Mid**	8:00a-10:00p

GUEST SERVICES

Art Gallery, Deck 6, Mid	4:00p-9:00p
ATM, Casino, Deck 7, Mid	Always Open
Box Office, Deck 7, Fwd (073)	4:00p-6:00p
CruiseNext Desk, Deck 6, Mid	4:00p-8:00p
Entourage, Deck 16, Aft	3:00p-1:00a
Getaway Casino, Deck 7, Mid	4:00p-Close
Guest Services Desk, Deck 6, Mid	Always Open
Hot Tubs, Deck 15, Mid**	7:00a-11:00p
Hot Tubs, Deck 16, Aft**	7:00a-10:00p
Humidor Cigar Lounge, Deck 8, Mid	Always Open
iConnect Internet Café, Deck 6, Mid	Always Open
iConnect Manager's Hours, Deck 6, Mid	8:00a-10:00a
Library, Deck 6, Fwd	4:00p-6:00p
Main Pool, Deck 15, Mid**	7:00a-10:00p
Mandara Spa & Salon, Deck 15, Fwd	8:00a-10:00p
Medical Center, Deck 5, Mid	By Appointment Only
(Medical Services are subject to charge)	Call 29865
On Board Credit Desk, Deck 6, Mid	8:00a-12:00p
Perspectives Photo Studio, Deck 6, Mid	4:00p-8:00p
Port Shopping Guide, Deck 6, Mid	Call 23873
Photo Gallery, Deck 8, Aft	5:00p-6:00p
Pulse Fitness Center, Deck 15, Fwd	6:00p-10:30p
Restaurant Reservations Desk, Deck 6, Mid or Dial 050	6:00a-11:00p
Shore Excursion Desk, Deck 6, Mid	7:00a-4:00p
Splash Academy, Deck 12, Fwd	6:00p-9:00p
Tradewinds Gift Shop, Deck 8, Aft	7:00p-10:00p
Video Arcade, Deck 16, Aft*	4:30p-10:30p
	Always Open

*Denotes a fee for this program. ** Weather Permitting

TODAY'S DINING OPTIONS

MORNING

COMPLIMENTARY

Garden Café	Early Riser (Deck 15, Aft)	6:00a-7:00a
Garden Café Buffet	(Deck 15, Aft)	7:00a-11:30a
O'Sheehan's Breakfast	(Deck 7, Mid)	5:30a-11:30a
Savor	(Deck 6, Aft)	7:00a-9:00a
Taste	(Deck 6, Aft)	7:00a-9:00a

AFTERNOON

COMPLIMENTARY

Garden Café Buffet	(Deck 15, Aft)	11:30a-3:30p
Garden Café Snacks	(Deck 15, Aft)	3:30p-5:00p
O'Sheehan's Bar & Grill	(Deck 7, Mid)	11:30a-5:00p

CHARGE APPLIES

American Diner* (A la carte)**	(Deck 16, Aft)	12:00p-5:00p
The Bake Shop* (A la carte)**	(Deck 8, Aft)	12:00p-6:00p
Dolce Gelato* (A la carte)**	(Deck 8, Aft)	12:00p-6:00p

DINNER

COMPLIMENTARY

Garden Café Buffet	(Deck 15, Aft)	5:00p-9:30p
(Dinner Grill Stravaganza)		
Garden Café Snacks	(Deck 15, Aft)	9:30p-11:30p
O'Sheehan's Bar & Grill	(Deck 7, Mid)	5:00p-9:00p

(Prime Rib)		
Shanghai's	Noodle Bar, Deck 7, Aft)	5:30p-9:30p
Tropicana Room	(Deck 7, Aft)	5:00p-9:30p
Savor	(Deck 6, Aft)	5:30p-10:00p
Taste	(Deck 6, Aft)	5:30p-10:00p

CHARGE APPLIES

Cagney's (A la carte)*	Steakhouse (Deck 8, Aft)	5:30p-10:00p
La Cucina (A la carte)*	Italian (Deck 8, Fwd)	5:30p-10:00p
Le Bistro (A la carte)*	French (Deck 6, Mid)	5:30p-10:00p
Moderno (\$49)*	Churrascaria (Deck 8, Aft)	5:30p-10:00p
Ocean Blue (A la carte)*	Fresh Seafood (Deck 8, Mid)	5:30p-10:00p
Raw Bar (A la carte)*	Fresh Seafood (Deck 8, Mid)	5:30p-10:00p
Teppanyaki (\$49)*	Japanese (Deck 6, Mid)	5:00p-10:00p
Wasabi Sushi (A la carte)*	Japanese (Deck 8, Mid)	5:30p-10:00p

*Please note that cover charges are per person and a 20% gratuity will be added to your check.

** Weather Permitting

24/7

O'Sheehan's Bar & Grill	(Deck 7, Mid)	Always Open
Room Service Delivery***	065	Always Open

*** Room Service Fee \$9.95 per order.

RESTAURANT CANCELLATIONS: To ensure that our guests receive our best service, we can only hold dinner reservations for 15 minutes. After 15 minutes, the unclaimed reservation will be released
DRESS CODE: Resort casual and shorts are allowed in all dining venues except Ocean Blue and Le Bistro. Long pants, shoes and a collared shirt must be worn.

TOWEL STATION: On Poolside, Deck 15, Mid, Towels are available for checkout using your stateroom key card.

SUN LOUNGERS: In consideration of your fellow guests, please observe the designated Quiet Zone areas. As a courtesy to your fellow guests, reserving lounge/sun chairs is prohibited. If any chair is left unattended for longer than 15 minutes, the items will be removed & handed in at the Towel Station by the pool area on Deck 15, Mid.

VIDEO ARCADE: All guests' keycards including children's can be used in the video arcade. We kindly ask that parents monitor their children's charges.

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. **BALCONIES SAFETY PARTITIONS:** As per Safety requirement, requests for partitions of adjacent balconies to be opened are not allowed. **UNATTENDED PERSONAL ELECTRONIC DEVICES/APPLIANCES:** Please be aware that it is strictly prohibited to leave any personal electronic devices/appliances plugged in without supervision, as this is a fire hazard. The Housekeeping department has been instructed to unplug any devices found in violation of this policy. **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. **SHARP CONTAINERS:** Ask the Guest Services Desk or Medical Center for special containers for needles and other sharp objects. **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. **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. **CONSUMER ADVISORY:** Please be advised that food onboard may contain nuts. If you have any questions, please contact our Restaurant Management Staff. **ADULT VENUES:** Spice H₂O is an adult only venue until 7:00p. Bliss Lounge becomes an adult only venue after 11:00p (unless otherwise stated). A curfew is in effect and guests under the age of 18 are not permitted in public areas, unless accompanied by their parents/guardians or in an organized youth activity. **SMOKING POLICY:** Smoking cigarette and E-cigarette onboard are only permitted in designated areas. Smoking in public areas is only permitted in designated spaces of open decks or in the Casino while playing. Pipes, Cigar smoking & tobacco chewing is strictly not permitted in the casino area. Smoking of any kind is prohibited in staterooms and balconies. A cleaning fee of \$250 is going to be applied to the account of guests who violate this policy. Cigar smoking is only allowed in the Humidor on Deck 8, Mid. All other areas are non-smoking. The use of Hookah pipe is not permitted onboard. **SHOW POLICY:** Failure to cancel reservations 24 hours in advance. The Illusionarium will result in your account being charged the full amount. All ticketed shows have seating on a first come, first served basis and all reservations will be released ten minutes prior to the start of the performance. (5 minutes prior for shows in Illusionarium). **CASINO:** You have to be 18 years old to gamble or be in the casino. Sorry, but no winnings can be paid to any person or bets in violation. Also, pipes or cigars can't be taken in. Cigarette smoking is permitted for active players only. Photography is allowed but video recording is strictly prohibited. Slot winnings of \$1200 and above could be subject to W-2-G tax withholding.

IN-CABIN PHONE RATE:

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

PRE-OWNED ROLEX, WHAT'S THE SECRET?

Explore our onboard collection for a luxury timepiece and discover special savings with tax & duty free prices. Our watch specialists will teach you the secret behind purchasing a pre-owned Rolex

Time: 7:30p
Tradewinds Shops, Deck 8