

FREESTYLE DAILY



TODAY'S FORECAST Mostly Sunny 84°F/29°C

SUNRISE 6:20a

SUNSET 7:45p

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. Or 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. With Freestyle Cruising, experience a vacation as open as the sea around you.

TIP OF THE DAY: Our digital touchscreens make it easy to select your dining and entertainment times.

ENTERTAINMENT FOR ALL

Freestyle Cruising is about having plenty of choices and we've got some of the most spectacular entertainment options at sea. So whether you're looking for eye-popping or jaw-dropping, want to stretch your vocal chords or even tickle your funny bone, there's something for everyone. For more details on tonight's entertainment line-up, show times and locations, please turn to page 2.

FEATURED COMPLIMENTARY ENTERTAINMENT

- Million Dollar Quartet
- Levity Comedy
- Syd Norman's Pour House

HOW TO CATCH A SHOW

Please be advised that some of our complimentary shows require reservations to guarantee seats. Here's how:

- Stop by the Box Office (Deck 7, Fwd)
- Call the Box Office at extension 073
- Use any digital touchscreen
- Book using iTV on your stateroom TV

Seating is on a first come, first served basis for all shows. Reservations will be released 10 minutes prior to the shows in the Getaway Theater and 5 minutes prior to shows in the Illusionarium. Holding seats is not permitted.

DINING AND ENTERTAINMENT

- JunNk (Fee Applies)

LIVE MUSIC TONIGHT

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

- Jammroc - Party Band
- Prelude - Duo
- Gold River - Latin Duo
- Antonio - Piano, Vocals

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

STAYING WITH US FOR THE NEXT CRUISE?

(23rd to 30th July)

Please bring your cruise tickets to register at the Guest Services Desk, deck 6, midship, at your earliest convenience.

TODAY'S HIGHLIGHTS:

\$2,000 JACKPOT KICKOFF BINGO

Card Sales: 10:45a-11:15a

Time: 11:15a

Place: Getaway Theater, Deck 7, Fwd

HOW TO RUN A FLOATING HOTEL Q&A

Time: 11:30a

Place: Atrium, Deck 6, Mid

DEAL OR NO DEAL WIN UP TO \$5,000

Card Sales: 1:30p-2:30p

Time: 2:30p

Place: Atrium, Deck 6, Mid

\$3,000 JACKPOT AND KING & QUEEN BINGO

Card Sales: 3:45p-4:15p

Time: 4:15p

Place: Getaway Theater, Deck 7, Fwd

COMPETE OPPOSITES GAME SHOW

Time: 4:30p

Place: Atrium, Deck 6, Mid

JunNk

Time: 5:30p

Place: Illusionarium, Deck 6, Fwd (Reservations are required and charges apply)

LEVITY COMEDY: JOHN WESSLING

Time: 7:00p (PG13)

Place: Headliners, Deck 6, Mid

MILLION DOLLAR QUARTET

Time: 7:00p & 9:45p

Place: Getaway Theater, Deck 7, Fwd (PG13)

NEWLYWED NOT SO NEWLYWED SHOW

Time: 9:00p

Place: Atrium, Deck 6, Mid

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!

NORWEGIAN GETAWAY

DAY 3

MONDAY

JULY 18, 2022

At Sea

WHAT'S HAPPENING TODAY.



← TEAR HERE

← FOLD HERE

DAY 3
MONDAY
JULY 18

MORNING

All Day Getaway Today with Yanique & Will
 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-9:00p Shuffleboard On Your Own (Stbd) **
 8:00a-10:00p Sports Court On Your Own**
 8:30a Fun Fitness with Cruise Staff **
 9:00a Ping Pong Tournament (18+)**
 9:00a Word Search Challenge
 9:30a Good Morning Trivia
 10:00a Port & Tour Presentation
 10:00a Binocular Seminar
 10:00a \$100,000 Winner Take All Slot Qualifier *
 10:00a \$10 Fashion Accessories Sale
 10:00a Introduction to Acupuncture
 10:00a-12:00p Show Reservation Desk
 10:00a-12:00p Free Fall Water Slide**
 10:00a-12:00p Ropes Course**
 10:00a-12:00p Splash Academy (5-12 Years)
 10:00a-6:00p Aqua Park Water Slides**
 10:30a Sushi Making Demonstration
 10:45a-11:15a Bingo Card Sales
 11:00a Wrinkle Remedies with Dr. Shirley
 11:00a Blackjack Tournament*
 11:00a-1:00a Entourage Teen Club (13-17 only)
 11:15a \$2,000 Jackpot Kickoff Bingo *
 11:30a Le Vian Diamond Presentation
 11:30a How to Run a Floating Hotel Q&A
 11:30a Detox for Health and Weight Loss
 11:30a-1:00p Poolside Hits with DJ **
 11:45a Art Auction Registration

AFTERNOON

12:15p Champagne Art Auction
 12:30p Caribbean Port Shopping Talk with Dalen
 12:30p Around the World Trivia with Cruise Next
 1:00p Mobile Photography Workshop
 1:00p Mojito Tasting *
 1:00p Super Satellite Texas Hold'em Tournament*
 1:00p Poolside Fun Time with Cruise Staff
 1:30p Ladies Pamper Party
 1:30p Crowd Trivia Game Show
 1:30p Wine & Chocolate Pairing
 1:30p-2:15p Top Hits with Jammroc **
 1:30p-2:30p Deal or No Deal Card Sales *
 2:00p Chinese Herbal Medicine
 2:00p-4:00p Feel Free Play (Children of All Ages w/ Parents)
 2:00p-6:00p Ropes Course**
 2:00p-6:00p Jenga On Your Own**
 2:00p-6:00p Bag-O On Your Own**

Channel 19
 Pulse Fitness
 Pulse Fitness
 Spice H₂O
 Deck 15, Fwd
 Deck 8, Mid
 Deck 7, Fwd
 Deck 18, Aft
 Poolside
 Poolside
 Poolside
 Atrium
 Atrium
 Theater
 Sugarcane
 Casino
 Tradewinds
 Mandara Spa
 Box Office
 Deck 16, Mid
 Deck 17, Aft
 Splash, Deck 12
 Deck 16, Mid
 Atrium
 Theater
 La Cucina
 Casino
 Entourage
 Theater
 Sugarcane
 Atrium
 La Cucina
 Poolside
 Headliners
 Headliners
 Theater
 Atrium
 Sugarcane
 Ocean Blue
 Casino
 Poolside
 La Cucina
 Atrium
 Le Bistro
 Poolside
 Atrium
 Mandara Spa
 Splash Deck 12
 Deck 17, Aft
 Deck 17, Aft
 Deck 17, Aft

AFTERNOON

2:30p Deal or No Deal Game Win Up \$5,000 *
 2:30p Macallan Tasting *
 2:30p-3:15p Sunshine Jam with Jammroc **
 2:30p-4:30p Show Reservation Desk
 3:00p Diamond & Gemstone Seminar with Dalen
 3:00p \$5 Charm of the Day: Flip Flop
 3:00p Natural Facelift with Dr. Shirley
 3:30p Who wants to be a Bazillionaire?
 3:30p-5:00p Afternoon Party Hits with DJ **
 3:45p-4:15p Bingo Cards Sales
 4:00p Discover Zultanite Event
 4:15p \$3,000 Queen & King Bingo *
 4:30p Compete Opposites Game Show
 5:00p Free Throw Challenge (18+)**
 5:00p Solo Travelers Gathering
 5:00p-6:00p Friends of Bill W. Meet
 5:00p-6:00p Informal Veterans Meet
 5:30p JunNK * ^ -
 5:30p Thriller Dance Class

Atrium
 Ocean Blue
 Poolside
 Box Office
 Syd Norman's
 Tradewinds
 Mandara Spa
 Atrium
 Poolside
 Theater
 Tradewinds
 Theater
 Atrium
 Deck 18, Aft
 Bliss Lounge
 Conference Rm
 Sunset
 Illusionarium
 Atrium

NIGHT

6:00p Burn the Floor "Things That Swing"
 6:00p 80's Movies Trivia
 6:00p Evening Stretch Class
 6:00p-7:00p Informal LGBTQIA+ Meet
 6:30p-7:30p 70's Power Hour with DJ
 7:15p-8:00p Piano Favorites with Antonio
 6:00p-8:00p Collect your Amber Cove VIP Cards from Dalen
 6:00p-10:30p Photo Portraits Tonight - Free to Try
 7:00p Million Dollar Quartet (PG13) ^-
 7:00p Levity Comedy: John Wessling (PG13)
 7:00p-7:45p Pop & More with Prelude Duo
 7:00p-10:00p Splash Academy (5-12 years)
 8:00p-8:45p Prelude Duos' Favorite Hits
 8:15p-9:00p More Piano Favorites with Antonio
 8:30p Rock the Pour House
 8:30p-9:15p Salsa & More with Gold River Latin Duo
 8:45p-9:30p Get Up and Dance with Jammroc
 9:00p Newlyweds Not So Newlyweds
 9:00p-10:00p 18-21 Informal Social Mixer
 9:30p-10:15p Your Favorite Latin Songs with Gold River Duo
 9:45p Million Dollar Quartet (PG13) ^-
 9:45p-10:30p Reggae & More with Jammroc
 10:00p-10:30p Get the Party Started with DJ **
 10:00p-10:45p Variety Music with Prelude Duo
 10:00p-1:00a Howl at the Moon Dueling Pianos
 10:30p 80's Flashback Revival Party**
 10:30p-11:15p Late Night Latin Music with Gold River Duo
 10:30p-12:30a Adult Karaoke Madness (18+)
 11:00p Movie: The Lego Movie (PG)
 11:30p-Close Afterparty with DJ (18+)
 12:00a Over \$1,000,000 Lotto Drawing*

Tropicana
 Atrium
 Pulse Fitness
 Sugarcane
 Sugarcane
 Tropicana
 Atrium
 Atrium / Deck 8
 Theater
 Headliners
 Atrium
 Splash Deck 12
 Atrium
 Tropicana
 Syd Norman's
 Sugarcane
 Bliss Lounge
 Atrium
 Bliss Lounge
 Sugarcane
 Theater
 Bliss Lounge
 Spice H₂O
 Atrium
 Headliners
 Spice H₂O
 Sugarcane
 Syd Norman's
 Atrium
 Bliss Lounge
 Casino

* Denotes a fee for these activities
 ** Weather Permitting

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

DRINK OF THE DAY

Rebellious Fish \$9.00
 Vodka, Passion fruit liqueur, Orange Liqueur, Orange Juice, Prosecco
 A 20% gratuity will be added to your check for your convenience.
 Port Tax applicable while in US waters.

SAIL & SUSTAIN COCKTAIL

Cucumber Cool \$12
 Our featured "Sail & Sustain" Cocktail of the day "Cucumber Cool" is available at Sugar Cane Outdoor 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-12:00p
Bar 21, Deck 7, Mid	9:00a-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	10:00a-Close
Market Place/Juice Bar, Deck 15, Aft	6:00a-11:30a
Mixx Bar, Deck 6, Aft	11:30a-2:00p
	5:00p-11:00p
	8:00a-Close
O'Sheehan's Bar, Deck 7, Mid	5:00p-11:00p
Prime Meridian Bar, Deck 8, Aft	5:00p-12:00a
SKYY VODKA Ice Bar, Deck 8, Mid*	9:00a-Close
Spice H ₂ O Bar, Deck 16, Aft (18+)**	6:00a-10:00p
Starbucks®, Deck 6 Mid	2:00pm-1:00a
Sugarcane Mojito Bar (indoor), Deck 8, Mid	11:00a-10:00pm
Sail & Sustain Bar (outdoor), Deck 8, Mid**	4:00p-Close
Sunset Bar, Deck 8, Mid	11:00a-Close
Syd Norman's Pour House Bar (outdoor), Deck 8, Fwd**	8:00p-1:00a
Syd Norman's Pour House Bar (indoor), Deck 8, Fwd	8:00a-7:00p
Vibes Bar, Deck 17 Fwd**	8:00a-Close
Waves Pool Bar, Deck 15, Mid**	

GUEST SERVICES

Art Gallery, Deck 6, Mid	3:00p-8:00p
ATM, Casino, Deck 7, Mid	Always Open
Box Office, Deck 7, Fwd (073)	10:00a-12:00p
	2:30p-4:30p
	10:00a-8:00p
CruiseNext Desk, Deck 6, Mid	11:00a-1:00a
Entourage, Deck 16, Aft	9:00a-Close
Getaway Casino, Deck 7, Mid	Always Open
Guest Services Desk, Deck 6, Mid	7:00a-11:00p
Hot Tubs, Deck 15, Mid**	7:00a-10:00p
Hot Tubs, Deck 16, Aft**	Always Open
Humidor Cigar Lounge, Deck 8, Mid	Always Open
iConnect Internet Café, Deck 6, Mid	Always Open
iConnect Manager's Hours, Deck 6, Mid	9:00a-12:00p
	2:00p-5:00p
	7:00p-9:00p
	9:00a-11:00a
	3:00p-5:00p
	7:00a-10:00p
	8:00a-10:00p
	By Appointment Only
	Call 29865
	9:00a-12:00p
	4:00p-8:00p
	Call 23873
	6:00p-8:00p
	9:00a-10:30p
	6:00a-11:00p
	7:00a-4:00p
	9:00a-8:00p
	10:00a-12:00p
	2:00p-4:00p
	7:00p-10:00p
	9:00a-10:30p
	Always Open
Library, Deck 6, Fwd	
Main Pool, Deck 15, Mid**	
Mandara Spa & Salon, Deck 15, Fwd	
Medical Center, Deck 5, Mid	
(Medical Services are subject to charge)	
On Board Credit Desk, Deck 6, Mid	
Perspectives Photo Studio, Deck 6, Mid	
Port & Shopping Guide, Deck 6, Mid	
Photo Gallery, Deck 8, Aft	
Pulse Fitness Center, Deck 15, Fwd	
Restaurant Reservations Desk, Deck 6, Mid or Dial 050	
Shore Excursion Desk, Deck 6, Mid	
Splash Academy, Deck 12, Fwd	
Tradewinds Gift Shop, Deck 8, Aft	
Video Arcade, Deck 16, Aft*	

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

TODAY'S DINING OPTIONS

MORNING

COMPLIMENTARY

Garden Café	Early Riser (Deck 15, Aft)	6:30a-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)	7:30a-9:30a
Taste	(Deck 6, Aft)	7:30a-9:30a

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
Shanghai's	Noodle Bar, Deck 7, Aft)	12:00p-1:30p
Savor	(Deck 6, Aft)	12:00p-1:30p
Taste	(Deck 6, Aft)	12:00p-1:30p

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
Teppanyaki (\$49)*	Japanese (Deck 6, Mid)	12:00p-1:30p
Ocean Blue* (A la carte)**	Window (Deck 8, Waterfront)	12:00p-1:30p
Wasabi Sushi* (A la carte)	Japanese (Deck 8, Mid)	12:00p-1:30p

DINNER

COMPLIMENTARY

Garden Café Buffet	(Deck 15, Aft)	5:00p-9:30p
(All American)		
Garden Café Snacks	(Deck 15, Aft)	9:30p-23:30p
O'Sheehan's Bar & Grill	(Deck 7, Mid)	5:00p-9:00p
(Chicken Parmigiana)		
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 after 1:00a, 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 W2-G tax withholding.

IN-CABIN PHONE RATE:

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

GET 50% OFF LOGO MERCHANDISE

Save 50% Off NCL Branded Logo Merchandise. From T-Shirts to Drinkware and much more. You don't want to miss out on this sale. Find the perfect gift at amazing prices. Tax and Duty Free. While Supplies last

All Day
Tradewinds Shops, Deck 8