

# FREESTYLE DAILY



TODAY'S FORECAST Mostly Sunny, 82°F/28°C

SUNRISE 6:10a

SUNSET 7:20p

## 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:** Don't forget to always check Channel 19 for the Daily Show, to keep up to date with all the onboard activities.

## 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

- Burn the Floor
- Levity Comedy
- Howl at the Moon Dueling Pianos

### 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 – Show & Dinner \*

### 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.

- Prelude - Duo
- Gold River – Latin Duo

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

### LAST CALL! AIRPORT TRANSFER

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 today, Thursday at 12:00pm. Let us make your departure worry free!

NORWEGIAN GETAWAY

**DAY 6**

**THURSDAY**

**JULY 21, 2022**

At Sea

## TODAY'S HIGHLIGHTS

### TECHNICAL PRESENTATION AND Q&A WITH CAPTAIN AND CHIEF ENGINEER

Time: 10:30a, Getaway Theater, Deck 7, Fwd

### FUTURE CRUISE PRESENTATION

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

### \$4,000 JACKPOT DOUBLE RAFFLE BINGO

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

Time: 4:15p

Place: Getaway Theater, Deck 7, Fwd

### FAMILY INSANITY GAME SHOW

Time: 5:00p

Place: Atrium, Deck 6, Mid

### JunNk

Time: 5:30p & 8:30p

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

### THE PERFECT COUPLE SHOW

Time: 9:30p

Place: Atrium, Deck 6, Mid (18+)

### GLOW PARTY

Time: 10:30p

Place: Spice H<sub>2</sub>O, Deck 16, Aft (18+)

### FREESTYLE DISEMBARKATION

Choose your preferred time on corresponding luggage tags color. For 'Self-Assist' no need for tags, just carry off your own luggage. Tags will be delivered if you're a guest with Norwegian Airport transfer, have a Norwegian Post Cruise Hotel package or you're going on Norwegian excursion. For all other guests who have their own independent transfer arrangement, luggage tags are available at Guest Service today from 12:00noon onwards.



# WHAT'S HAPPENING TODAY.



**DAY 6**  
**THURSDAY**  
**JULY 21**

◀ TEAR HERE

◀ FOLD HERE

## 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 Shuffleboard Tournament (18+) (Stbd)\*\*  
 9:00a Good Morning Trivia  
 10:00a Fruit & Veggie Carving Demonstration  
 10:00a \$100,000 Winner Take All Slot Qualifier\*  
 10:00a Arthritis and Acupuncture  
 10:00a \$10 Fashion Accessories Sale  
 10:00a Binocular Seminar  
 10:00a-12:00p Show Reservation Desk  
 10:00a-12:00p Free Fall Water Slide\*\*  
 10:00a-12:00p Splash Academy (5-12 Years)  
 10:00a-6:00p Aqua Park Water Slides\*\*  
 10:30a Technical Presentation and Q&A  
 10:45a Cinemoji Trivia  
 11:00a Wrinkle Remedies with Dr. Shirley  
 11:00a Blackjack Tournament\*  
 11:00a Go Home Looking 10 Years Younger  
 11:00a-1:00a Entourage Teen Club (13-17 only)  
 11:30a Detox for Health and Weight Loss  
 11:30a Future Cruise Presentation  
 11:30a Discover Zultanite Event

## AFTERNOON

12:00p-2:00p Beat the Heat with DJ\*\*  
 12:00p Black Glass Wine Tasting\*  
 12:30p Art Auction Registration  
 12:45p Broadway Trivia with Johnny  
 1:00p Grand Finale Art Auction  
 1:00p Margarita Tasting\*  
 1:00p Mobile Photography Workshop  
 1:00p Super Satellite Texas Hold'em Tournament\*  
 1:15p 55 to Stay Alive Game Show  
 1:30p Wine & Chocolate Tasting\*  
 1:30p-2:30p Deal or No Deal Card Sales\*  
 2:15p Fun Line Dances with Cruise Staff\*\*  
 2:00p Pain Management with Acupuncture  
 2:00p-4:00p Feel Free Play (Children of All Ages w/ Parents)  
 2:00p-6:00p Free Fall Water Slide\*\*  
 2:00p-6:00p Ropes Course\*\*  
 2:00p-6:00p Jenga On Your Own\*\*

\* Denotes a fee for these activities  
 \*\* Weather Permitting

## DRINK OF THE DAY

Moscow Mule \$9.00  
 Vodka, Ginger Beer, Fresh Limes  
 A 20% gratuity will be added to your check for your convenience.  
 Port Tax applicable while in US waters.

## AFTERNOON

2:00p-6:00p Bag-O On Your Own\*\*  
 2:30p Deal or No Deal Game Win Up \$5,000\*  
 2:30p Macallan Tasting\*  
 2:45p-3:30p Poolside Hits & More with Gold River Latin Duo\*\*  
 3:00p Tight, Lift and Contour your skin  
 3:00p \$5 Charm of the Day: Cocktail  
 3:30p Norwegian Pop Quiz  
 3:30p-5:00p Afternoon Party Hits with DJ\*\*  
 3:45p-4:15p Bingo Card Sales  
 4:00p Hublot Watch Lovers Event  
 4:00p-6:00p Show Reservation Desk  
 4:15p \$4,000 Jackpot Double Raffle Bingo  
 4:15p Celebrity Heads  
 4:30p Bean Bag Tournament\*\*  
 5:00p Family Insanity Game Show  
 5:00p Solo Travelers Gathering  
 5:00p Soccer Penalty Kicks Challenge (18+)\*\*  
 5:00p-6:00p Friends of Bill W. Meet  
 5:00p-6:00p Informal Veterans Meet  
 5:30p JunNK\* ^ -

## NIGHT

6:00p Evening Stretch Class  
 6:00p-7:00p Informal LGBTQIA+ Meet  
 6:00p-8:00p Ballroom Music  
 6:00p-10:30p Photo Portraits Tonight - Free to Try  
 6:30p-7:15p Early Evening Sounds with Prelude Duo  
 7:30p Burn the Floor (PG13) ^-  
 7:00p Levity Comedy: Mike Gaffney (PG13)  
 7:00p-10:00p Splash Academy (5-12 years)  
 7:30p-8:15p Tribute to the Legends with Prelude Duo  
 8:00p-8:45p Smooth Latin Music with Gold River Duo  
 8:00p-9:00p Family GLOW Party\*\*  
 8:30p JunNK\* ^ -  
 8:30p Rock the Pour House  
 8:30p-9:15p Pop & More with Prelude Duo  
 9:00p-9:45p Latin Rhythm with Gold River Latin Duo  
 9:00p-10:00p 18-21 Informal Social Mixer  
 9:30p The Perfect Couple Show  
 9:30p Burn the Floor (PG13) ^-  
 10:00p-10:45p More Latin Tunes with Gold River Duo  
 10:00p-1:00a Howl at the Moon Dueling Pianos  
 10:30p GLOW Party\*\*  
 10:30p Movie: Forrest Gump (PG13)  
 10:30p-12:30a Adult Karaoke Madness  
 11:00p-12:00a Throwback Pop with DJ  
 12:00a Over \$1,000,000 Lotto Drawing\*  
 12:00a-Close Afterparty with DJ (18+)

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

## SAIL & SUSTAIN COCKTAIL

Cafe Replay \$12  
 Our featured "Sail & Sustain" cocktail of the day "Café Replay" 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-12:00a  
 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 6:30a-10:30a  
 Mixx Bar, Deck 6, Aft 11:30a-2:00p  
 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<sub>2</sub>O Bar, Deck 16, Aft (18+)\*\* 9:00a-Close  
 Starbucks®, Deck 6 Mid 6:00a-10:00p  
 Sugarcane Mojito Bar (indoor), Deck 8, Mid 2:00p-1:00a  
 Sail & Sustain Bar (outdoor), Deck 8, Mid\*\* 11:00a-Close  
 Sunset Bar, Deck 8, Mid 3:00p-Close  
 Syd Norman's Pour House Bar (outdoor), Deck 8, Fwd\*\* 11:00a-Close  
 Syd Norman's Pour House Bar (indoor), Deck 8, Fwd 8:00p-1:00a  
 Vibes Bar, Deck 17 Fwd\*\* 8:00a-7:00p  
 Waves Pool Bar, Deck 15, Mid\*\* 8:00a-Close

### GUEST SERVICES

Art Gallery, Deck 6, Mid 5:00p-9:00p  
 ATM, Casino, Deck 7, Mid Always Open  
 Box Office, Deck 7, Fwd (073) 10:00a-12:00p  
 4:00p-6:00p

CruiseNext Desk, Deck 6, Mid 10:00a-8:00p  
 Entourage, Deck 16, Aft 11:00a-1:00a  
 Getaway Casino, Deck 7, Mid 9:00a-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 9:00a-12:00p  
 2:00p-5:00p  
 7:00p-9:00p

Library, Deck 6, Fwd

Main Pool, Deck 15, Mid\*\* 3:00p-5:00p  
 Mandara Spa & Salon, Deck 15, Fwd 7:00a-10:00p  
 Medical Center, Deck 5, Mid 8:00a-10:00p  
 (Medical Services are subject to charge) By Appointment Only  
 On Board Credit Desk, Deck 6, Mid Call 29865  
 9:00a-12:00p

Perspectives Photo Studio, Deck 6, Mid 5:00p-8:00p  
 Port Shopping Guide, Deck 6, Mid Call 23873  
 Photo Gallery, Deck 8, Aft 6:00p-7:00p  
 Pulse Fitness Center, Deck 15, Fwd 9:00a-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  
 9:00a-1:00p

Splash Academy, Deck 12, Fwd

Tradewinds Gift Shop, Deck 8, Aft 5:00p-8:00p  
 Video Arcade, Deck 16, Aft 10:00a-12:00p  
 2:00p-4:00p  
 7:00p-10:00p  
 9:00a-10:30p  
 Always Open

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

### IN-CABIN PHONE RATE:

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

### DON'T FORGET YOUR PHOTOGRAPHS

Take home the best souvenir - YOUR PHOTOS!  
 Explore options & take advantage of great deals.  
 Get to the Photo Gallery, Deck 8 Aft, for last call.

## 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
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
Teppanyaki (\$49)*	Japanese (Deck 6, Mid)	12:00p-1:30p

### DINNER

#### COMPLIMENTARY

Garden Café Buffet (Mexican)	(Deck 15, Aft)	5:00p-9:30p
Garden Café Snacks	(Deck 15, Aft)	9:30p-11:30p
O'Sheehan's Bar & Grill (New York Strip Steak)	(Deck 7, Mid)	5:00p-9:00p
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 [environmental@ncl.com](mailto:environmental@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 H<sub>2</sub>O 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 W-2-G tax withholding.