

FREESTYLE DAILY



TODAY'S FORECAST Mostly Sunny, 86°F/30°C

SUNRISE 6:25a

SUNSET 7:50p

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: Looking for the most convenient way to disembark tomorrow? Choose "Self Assist" where you can carry off your own luggage and disembark at your leisure.

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
- 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 – 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
- Antonio - Piano, Vocals

IMPORTANT NOTICE FOR DISEMBARKATION!

Deck 7 will be our main disembarkation area for tomorrow. For disembarkation crowd control purposes, elevators maybe on irregular operation. Please refrain from using the elevators to deck 7 until your luggage tag color is announced and ready to disembark the vessel.

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.

NORWEGIAN GETAWAY

DAY 7

FRIDAY

JULY 22, 2022

At Sea

TODAY'S HIGHLIGHTS

CAKE MAKING DEMONSTRATION

Time: 10:00a

Place: Atrium, Deck 6, Mid

THE ELIMINATOR GAME SHOW

Time: 1:15p

Place: Atrium, Deck 6, Mid

MR. SEXY LEGS COMPETITION

Time: 1:30p

Place: Poolside, Deck 15, Mid

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

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

Time: 2:30p

Place: Atrium, Deck 6, Mid

\$5,000 JACKPOT BINGO & WIN A CRUISE RAFFLE

Card Sales: 3:30p-4:15p

Time: 4:15p

Place: Getaway Theater, Deck 7, Fwd

JunNk

Time: 6:30p

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

LEVITY COMEDY

Time: 7:30p (PG13) & 9:30p (18+)

Place: Headliners, Deck 6, Mid

BURN THE FLOOR

Time: 7:30p & 9:30p

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

IMMIGRATION INSPECTION

US Immigration inspection for all guests regardless of nationality or age will take place at the pier as you disembark the vessel tomorrow. Back to back guests (Intransit guests) not planning to visit the port, please refer to the letter delivered to your stateroom for instructions.

WHAT'S HAPPENING TODAY.

DAY 7
FRIDAY
JULY 22

← 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	Ping Pong Tournament (18+) (Stbd)**
9:00a	Good Morning Trivia
10:00a	Cake Decorating Demonstration
10:00a	\$100,000 Winner Take All Slot Qualifier *
10:00a	Chinese Herbal Medicine
10:00a	Save 50% of NCL Souvenir Tees
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**
11:00a	Spot the Difference
11:00a	\$100,000 Winner Take All Qualifier Finals
11:00a	50% Diamond and Gemstone Event
11:00a	Blackjack Tournament*
11:00a	Instant Facelift with Dr. Shirley
11:00a-1:00a	Entourage Teen Club (13-17 only)
11:15a	Art Auction Registration
11:30a	Visual Trivia – Superheroes & Villains
11:30a	Lightning Fast Art Auction
11:30a	Eat More to Weight Less

AFTERNOON

12:00p	Black Glass Wine Tasting *	Le Bistro
12:00p	Blackjack Tournament Final	Casino
12:00p-1:00p	Poolside Hits with DJ Vito **	Poolside
12:15p	Fun Line Dances with Cruise Staff	Atrium
1:00p	Mojito Tasting *	Ocean Blue
1:00p	Texas Hold'em Tournament*	Casino
1:00p	Pool Games with Cruise Staff **	Poolside
1:15p	The Eliminator Game Show	Atrium
1:30p	Mr. Sexy Legs Competition **	Poolside
1:30p	Wine & Chocolate Tasting *	Le Bistro
1:30p-2:30p	Deal or No Deal Card Sales *	Atrium
2:00p-3:00p	DJ-Oke with DJ Vito **	Poolside
2:00p-4:00p	Feel Free Play (Children of All Ages w/ Parents)	Splash Deck12
2:00p-6:00p	Free Fall Water Slide**	Deck 16, Mid
2:00p-6:00p	Ropes Course**	Deck 17, Aft
2:00p-6:00p	Jenga On Your Own**	Deck 17, Aft
2:00p-6:00p	Bag-O On Your Own**	Deck 17, Aft
2:30p	Deal or No Deal Game Win Up \$5,000 *	Atrium

* Denotes a fee for these activities
** Weather Permitting

AFTERNOON

2:30p	Macallan Tasting *	Ocean Blue
3:00p	Keep your youthful look with Dr. Shirley	Mandara Spa
3:00p	Super Shopper Raffle and Giveaway	Tradewinds
3:00p-4:00p	Afternoon Hits with DJ **	Poolside
3:30p	Brain Race Game Show	Atrium
3:30p-4:15p	Bingo Card Sales	Theater
3:30p-4:15p	Final Deal or No Deal Prize Redemption	Theater
4:00p	Walk in Clinic: Acupuncture	Mandara Spa
4:00p-6:00p	Show Reservation Desk	Box Office
4:15p	Sing It If You Know it	Atrium
4:15p	\$5,000 Jackpot Bingo & Win-a-Cruise Raffle *	Theater
5:00p	Beat Your Bedtime Game Show	Atrium
5:00p	Solo Travelers Gathering	Bliss Lounge
5:00p	Free Throw Challenge (18+)**	Deck 18, Aft
5:00p-6:00p	Friends of Bill W. Meet	Conference Rm
5:00p-6:00p	Informal Veterans Meet	Sunset

NIGHT

6:00p-7:00p	Informal LGBTQIA+ Meet	Sugarcane
6:00p-7:00p	Last Chance Art Event	Art Gallery
6:00p-8:00p	Ballroom Music	Tropicana
6:00p-9:00p	Photo Portraits Tonight - Free to Try	Deck 8
6:30p	Self-Led Sabbath	Atlantic Room
6:30p	JunNK * ^ -	Illusionarium
6:30p-7:15p	Early Evening Sounds with Antonio	Atrium
7:00p-10:00p	Splash Academy (5-12 years)	Splash Deck 12
7:00p-10:00p	Casino Reward Point Redemption	Casino
7:30p	Burn the Floor (PG13) ^-	Theater
7:30p	Levity Comedy: John Wessling (PG13)	Headliners
7:30p-8:15p	Soft Piano Instrumentals with Antonio	Atrium
7:30p-8:15p	Pop Classics and More with Prelude Duo	Bliss Lounge
7:30p-8:15p	Early Evening Sounds w/ Gold River Latin Duo	Sugarcane
8:00p	Movie: Ghostbuster - Afterlife (PG13)	Spice H ₂ O
8:30p	Battle of the Sexes Game Show	Atrium
8:30p-9:15p	Dance with Prelude Duo	Bliss Lounge
8:30p-9:15p	Latin Rhythm with Gold River Latin Duo	Sugarcane
9:00p	Syd Norman's Prom	Syd Norman's
9:00p-10:00p	18-21 Informal Social Mixer	Bliss Lounge
9:30p	Burn the Floor (PG13) ^-	Theater
9:30p	Levity Comedy: Mike Gaffney (18+)	Headliners
9:30p-10:15p	Latin Dancing Music with Gold River Duo	Sugarcane
9:30p-10:15p	Piano & Vocals with Antonio	Atrium
9:30p-10:15p	Tribute to Bee Gees with Prelude Duo	Bliss Lounge
10:30p	Movie: Belfast (PG13)	Atrium
10:30p	Farewell Party with Prelude Duo	Bliss Lounge
10:30p-11:15p	Gold River Latin Duo Plays Your Favorites	Sugarcane
12:00a	Over \$1,000,000 Lotto Drawing*	Casino
12:00a-Close	Afterparty with DJ (18+)	Bliss Lounge

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

DRINK OF THE DAY

Signature Mai Tai \$9.00
Añejo Rum, Almond Syrup, Fresh Lime Juice, Pineapple Juice and Cinnamon.
A 20% gratuity will be added to your check for your convenience.
Port Tax applicable while in US waters.

SAIL & SUSTAIN COCKTAIL

Banana Ruma \$12
Our featured "Sail & Sustain" cocktail of the day 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-12:00a
 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
 8:00a-Close
 5:00p-11:00p
 5:00p-12:00a
 9:00a-Close
 6:00a-10:00p
 2:00p-1:00a
 11:00a-Close
 3:00p-Close
 11:00a-1:00a
 8:00p-Close
 8:00a-7:00p
 8:00a-Close

O'Sheehan's Bar, Deck 7, Mid
 Prime Meridian Bar, Deck 8, Aft
 SKYY VODKA Ice Bar, Deck 8, Mid*
 Spice H2O Bar, Deck 16, Aft (18+)**
 Starbucks®, Deck 6 Mid
 Sugarcane Mojito Bar (indoor), Deck 8, Mid
 Sail & Sustain Bar (outdoor), Deck 8, Mid**
 Sunset Bar, Deck 8, Mid
 Syd Norman's Pour House Bar (outdoor), Deck 8, Fwd**
 Syd Norman's Pour House Bar (indoor), Deck 8, Fwd
 Vibes Bar, Deck 17 Fwd**
 Waves Pool Bar, Deck 15, Mid**

GUEST SERVICES

Art Gallery, Deck 6, Mid 4:00p-8:00p
 Always Open
 ATM, Casino, Deck 7, Mid 10:00a-12:00p
 4:00p-6:00p
 10:00a-10:00p
 11:00a-1:00a
 9:00a-Close
 Always Open
 7:00a-11:00p
 7:00a-10:00p
 Always Open
 Always Open
 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-8:00p
 By Appointment Only
 Call 29865
 9:00a-1:00p
 5:00p-10:00p
 Call 23873
 6:00p-7:00p
 9:00a-11:30p
 6:00a-11:00p
 7:00a-4:00p
 10:00a-1:00p
 5:00p-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
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	(Deck 15, Aft)	5:00p-9:30p
(Grill Extravaganza)		
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 requirements, requests for partitions for 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 W-2-G tax withholding.

IN-CABIN PHONE RATE:

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

RECEIVE \$1000 FREE TODAY!

Exclusive onboard offer! Receive up to \$1000 FREE money today by simply placing a deposit on a future cruise with Norwegian. See our CruiseNext team in the atrium for complete details.

Time: 10:00a- 10:00p
 Atrium, Deck 6, Mid