

Freestyle DAILY



Norwegian Sun

Friday, June 2, 2006

Today's Forecast

Cloudy
50F / 10C

Sunrise

5:24AM

Sunset

9:25PM

FAREWELL VARIETY SHOWTIME

FEATURING:

The Comedy Juggling of Shark Bait

&

Broadway and Recording Star Jeri Sager

STARDUST LOUNGE DECKS 6 & 7 AFT

9:30PM One Show Only!!

COMMENT CARDS

The NCL Guest Comment Card is an important tool for improving the cruise experience for you, our Guests. If you enjoyed any activity or Service this cruise, please mark **Excellent!** What you write really does make a difference!

Comments about specific activities, & the specific names of the personnel adding to the enjoyment of your cruise are most helpful, & improve morale.

Here are a few reminders for you. Guest Entertainers included, Shark Bait, Bill Hildebrandt & Jeri Sager! Who can forget the incredible Broadway Shows with the Jean-Ann Ryan Company, & all the musicians & bands. On behalf of the Captain, Hotel Director, Cruise Director, Staff & Crew, thank you for your valued input! We look forward to serving you again. Thank you for choosing Norwegian Cruise Line & the Norwegian Sun! We hope you had an **excellent/enjoyable** cruise!

WHAT'S ON TAP TODAY!!

DEBARKATION TALK

Join your Cruise Director *Darin* for an important talk on all the VITAL information you will need prior to your debarking the ship in Seattle. **We highly recommend that all guests attend this important talk!**

10:10AM Stardust Lounge, Decks 6 & 7, Aft.

BINGO!!!

Join your *Cruise Staff* in the morning for our **Free Cruise Give Away Bingo**. Then, in the afternoon, we play our **Giant Jackpot Bingo** session, For the fun, the money and the FREE Cruise For Two come on out to Bingo!!

11:00AM & 4:00PM

Stardust Lounge, Deck 6, Aft

STAR SEEKER SHOW

Come support your fellow guests as they showcase their talents.

7:30PM One Show Only!

Stardust Lounge, Decks 6 & 7, Aft

LATE NIGHT COMEDY

Join the hilarious Bill Hildebrandt for our Late Night Comedy Club. Get ready to laugh yourself silly!

10:45PM Dazzles Disco, Deck 6, Mid

DIGITAL PHOTO TOUR

Join your Captain, Chief Engineer and Executive Chef for the Behind The Scenes Digital Photo Tour. Pictures of the Bridge, Engine Room and more.

Hosted by your Cruise Director *Darin*

2:00PM

Stardust Lounge, Decks 6 & 7, Aft

DON'T MISS THIS!

Casinos at Sea Point Redemption from 6:00PM - 9:00PM only.
No gaming is permitted in State of Washington waters.

Alaska, Day 7, At Sea, Resort Casual

The deadline for Express Disembarkation is Noon today! Get your forms to reception!

DEAR CRUISE DIRECTOR

Question - Is there still time to pick up some photos that were taken?

Answer - Yep. The Photo Gallery has your pictures ready and waiting for purchase. They'll be open until 11:00PM tonight and you can even grab some tomorrow morning between 7:00AM-9:00AM.

Question - Will the Casino be open all night.

Answer - Unfortunately no. Due to Washington State law there is no gambling once we enter State waters and so therefore the Casino will have to close beforehand. This will be between approximately 10:00PM and Midnight.

Question - My flight isn't until 4:00PM. What can I do to pass the time.

Answer - Your best choice is to take one of our Seattle City Tours. At the end of your tour you'll be dropped off at the airport with your luggage. Stop by the Shore Excursion Desk for more details.

Question - What can I do tomorrow while I wait to debark the ship?

Answer -Announcements will be made in public areas and on channel 23 in your rooms, so there's no need to line up early so relax, have some breakfast, enjoy your last few moments on the Sun.

SHORE EXCURSIONS

Take advantage of our great Seattle City Tour or Seattle Space Needle and City Highlights, which will drop you off at the airport with your luggage! (For flights after 2:30PM) Don't spend the last moments of your vacation sitting at the airport. Come see us for last minute bookings at the Shore Excursion desk, in the Atrium, Deck 5!

MANDARA SPA

It's a perfect day to relax & rejuvenate. Mandara Spa will feature some great health & beauty seminars: **10:30AM** Puffy Eyes Seminar; **11:00AM** How to Increase Your Metabolic Rate Seminar; **11:45AM** Revamp My Hair Seminar; **2:30PM** 3 Minutes Make Over Demonstration; **3:00PM** Stress Check: How's Your Body Coping Seminar

GALLERIA SHOPS

You're running out of time. Don't forget your tax and duty free liquor & cigarettes. Norwegian Sun t-shirts; buy 2 get 1 free! 50% off the entire selection at the Sterling Silver Extravaganza! Deals in all our stores. Designer watches, Inch of gold and silver. Come to the Galleria Shops today!

PORT AND SHOPPING

LAST CHANCE TO SAVE! See Brent to reserve your future cruise now and take advantage of our NO RISK, NO OBLIGATION 100% money back guarantee policy. Choose from any one of NCL's ships, covering exotic destinations worldwide and reserve your cruise all the way through to Apr. 2007!!

SPORTS AFLOAT

Today is your last chance to collect those punches on your Sports Afloat Card. Once you have your 15 punches, remember to stop by the library during opening times to claim your free t-shirt! (Including an extra hour tonight from 8:00PM-9:00PM)

SUN CLUB CASINO

The BIG day is here! SLOT & BLACKJACK TOURNAMENT **FINALS** today! Who will walk-off this ship \$500 richer? Come and join the last few qualifying rounds! Cheer for your new-found friends in the finals.

Casinos at Sea cardholders, who earned 25 points or above, don't forget the POINT REDEMPTION is between 6:00PM - 9:00PM only.

GRAND FINALE ART AUCTION

Join one of the largest Art Dealers in the world for our last live auction at sea. Don't miss the free champagne and everyone in attendance will be eligible to win some of the \$3000 worth of artwork to be given away today!

Time: Preview at 1:30PM

Auction at 2:00PM

Location: Dazzles, Deck 6, Mid

INTERNET CAFE

LAST DAY INTERNET ACCESS! Time packages are good until you disembark the ship. 15 minutes for \$8.25 or 30 minutes for \$12.00. Check and confirm your travel arrangements for any last minute changes. Internet Café closes at 10:00PM for all guests who have not purchased a Time Plan. We wish you a safe and pleasant journey home!

PHOTO GALLERY

This is the last opportunity to purchase those wonderful photos taken this week by your on board photo team. Be sure to visit the gallery early as you can imagine the crowds later. Should you not find your photo, then please ask one of the staff and they'll be more than happy to assist you. Get your cruise memories today!

WHITE ELEPHANT SALE

Today from 10:00AM through until Noon stop by the Photo Gallery on Deck 6, Aft to check out all the deals from all the departments around the ship! Great bargains to be found from all your departments!

MORNING ACTIVITIES

8:00AM	SA- Walk A Mile- 3 and a half laps = 1 mile Promenade, Deck 6, Fwd, Starboard Side
8:00AM	SA- Body Conditioning Fitness Room, Deck 11, Fwd
9:00AM-11:00AM	Library is open for book return and SA T-shirt Library, Deck 6, Aft
9:00AM-11:00AM	Spin To Win FREE Pull Slot Machine Casino, Deck 7, Mid
9:15AM	Morning Trivia- with your <i>Cruise Staff</i> Windjammer, Deck 6, Mid
10:00AM	SA- Indoor Cycling/Spinning (\$10 per person) Fitness Room, Deck 11, Fwd
10:10AM	Debarkation Talk with your CD <i>Darin</i> Stardust Lounge, Decks 6 & 7, Aft
11:00AM	Texas Hold'em Tournament Casino, Deck 7, Mid
11:00AM	Cruise Give Away Bingo Stardust Lounge, Deck 6, Aft
11:45PM	Name That Tune- with <i>Shelley O'Brien</i> Windjammer, Deck 6, Mid

LATE AFTERNOON/ EVENING ACTIVITIES

5:00PM-6:00PM	Unsold Art Sale Art Gallery, Deck 7, Mid
6:00PM	Bill W. Meeting - meet with your fellow guests Bali Room, Deck 6, Mid (enter from Havana)
6:00PM	SA- Evening Pilates (\$10 per person) Fitness Room, Deck 11, Fwd
7:30PM	Sabbath Eve Service- with your fellow guests Bali Room, Deck 6, Mid (enter from Havana)
6:00PM-9:00PM	Casinos At Sea Point Redemption Casino, Deck 7, Mid
7:30PM	Star Seeker Talent Show Stardust Lounge, Decks 6 & 7, Aft
8:00PM-9:00PM	Final Sports Afloat Redemption in Library Library, Deck 6, Aft
9:00PM-10:30PM	Karaoke- with your <i>Cruise Staff</i> Dazzles Disco, Deck 6, Mid
9:30PM	VARIETY SHOWTIME Stardust Lounge, Decks 6 & 7, Aft
10:45PM	LATE NIGHT COMEDY with Bill Hildebrandt Dazzles Disco, Deck 6, Mid
11:30PM	Late Night Rock Hour with H&R and <i>Darin</i> Dazzles Disco, Deck 6, Mid

AFTERNOON ACTIVITIES

12:00PM	Mambo Dance Class- with <i>Olga & Dima</i> Fitness Room, Deck 11, Fwd
12:30PM	SA- Crazy Golf Putting Challenge Atrium, Deck 5, Mid
1:00PM - 2:30PM	Slot Tournament (FINALS @ 2:45PM) Casino, Deck 7, Mid
12:30PM	Informal Bridge Play- with your fellow guests Malaysia Room, Deck 6, Aft
1:15PM	French Language Class- with Lee Ann Windjammer, Deck 6, Mid
1:30PM	SA- Shuffleboard Challenge Sports Court, Deck 12, Aft
1:30PM	Art Auction Preview (Auction at 2:00PM) Dazzles Disco, Deck 6, Mid
1:30PM	Crafts: Have Fun Making Paper Dolls Borneo/Malaysia Room, Deck 6, Aft
2:00PM	Digital Photo Tour- with your <i>CD Darin</i> Stardust Lounge, Decks 6 & 7, Aft
3:00PM - 4:30PM	Blackjack Tournament (FINALS @ 4:45PM) Casino, Deck 7, Mid
3:00PM	Lecture: The Wildlife of Alaska Stardust Lounge, Deck 6, Aft
2:45PM	Win, Lose or Draw- with your <i>Cruise Staff</i> Windjammer, Deck 6, Mid
3:30PM	Partner Teach Massage Class (\$49 p/couple) Fitness Room, Deck 11, Fwd
4:00PM	Jackpot Bingo- with your <i>Cruise Staff</i> Stardust Lounge, Deck 6, Aft

MUSIC AND DANCING

HARMONY & RHYTHM	<u>Dazzles Disco, Deck 6, Mid</u>
8:00PM-8:45PM	
11:30PM-12:30AM	Late Night Rock Hour
SHELLEY O'BRIEN	<u>Windjammer, Deck 6, Mid</u>
11:45AM	Name That Tune
8:15PM-9:00PM	
9:15PM-10:00PM	
10:15PM-Close	
PRYME TYME	<u>Observation Lounge, Deck 12, Fwd</u>
8:30PM-9:15PM	
9:30PM-10:15PM	
10:30PM-Close	Tribute to Motown
FABRIZIO CALIGARIS	<u>Atrium, Deck 5, Mid</u>
5:15PM-6:00PM	
6:45PM-7:30PM	(Windjammer, Deck 6, Mid)
9:00PM-10:00PM	(Las Ramblas, Deck 12, Aft)
DJ ROMMEL	<u>Dazzles Disco, Deck 6, Mid</u>
12:30AM-Close	(must be over 18 after 11:00PM)

BAR HOURS

7:00AM-Close	Java Cafe	Deck 5, Mid
7:00AM-Close	Sports Bar	Deck 11, Aft
8:00AM-Close	Topsiders	Deck 11, Aft
8:30AM-Close	Casino Bar	Deck 7, Mid
9:00AM-Close	Observation Lounge	Deck 12, Fwd
9:30AM-Close	Champagne Bar	Deck 7, Mid
10:00AM-Close	Great Outdoor	Deck 11, Aft
3:00PM-Close	Windjammer/Havana	Deck 6, Mid
5:30PM-Close	Las Ramblas	Deck 12, Aft
7:00PM-Close	Dazzles Disco	Deck 6, Mid
Weather perm.	Champs	Deck 12, Fwd

BAR PROMOTIONS

Drink of the Day:	<i>Caribbean Freeze</i> - \$8.00 (All Bars)
Coffee:	<i>Monte Cristo Coffee</i> - \$5.75 (All Inside Bars)
Liqueurs:	<i>Served in Love Cup</i> - \$5.50 (All Inside Bars)
Martini:	<i>Scotch Manhattan</i> - \$7.00 (5:00PM-7:00PM)
Smoothie:	<i>Blueberry</i> - \$9.00 (non-alcohol \$6) (All Bars)
First Wave:	<i>Bloody Mary & Caesar</i> \$4.25 8AM-11AM

GUEST SERVICES

8:00AM-8:00PM	Acupuncture Clinic #29	Deck 11,Fwd
9:00AM-Close	Casino Open	Deck 7, Mid
8:00AM-Noon	Credit Desk	Deck 5, Mid
4:00PM-8:00PM	Credit Desk	Deck 5, Mid
9:00AM-5:00PM	Galleria Tax Free Shops	Deck 7, Aft
9:00AM-11:00PM	Colombian Emeralds	Deck 7, Aft
10:00AM-Noon	Hollywood@Sea Open	Deck 6, Mid
3:00PM-5:00PM	Hollywood@Sea Open	Deck 6, Mid
7:00PM-11:00PM	Hollywood@Sea Open	Deck 6, Mid
5:30PM-6:00PM	International Desk	Deck 5, Mid
9:00AM-Noon	Internet Manager	Deck 6, Mid
2:00PM-5:00PM	Internet Manager	Deck 6, Mid
8:00PM-11:00PM	Internet Manager	Deck 6, Mid
9:00AM-11:00AM	Library	Deck 6, Aft
2:00PM-5:00PM	Library	Deck 6, Aft
8:00AM-8:00PM	Mandara Spa - #29	Deck 11, Fwd
8:30AM-10:00AM	Medical Centre	Deck 3, Fwd
4:00PM-5:00PM	Medical Centre	Deck 3, Fwd
10:00AM-Noon	Port & Cruise	Deck 5, Mid
2:00PM-6:00PM	Port & Cruise	Deck 5, Mid
9:00AM-11:00PM	Photo Gallery Shop	Deck 6, Aft
10:00AM-Noon	Shore Excursion Desk	Deck 5, Mid
3:00PM-5:00PM	Shore Excursion Desk	Deck 5, Mid

IMPORTANT NOTICE:

Emergency Number: The ships emergency number is 911 from any ships phone!

Medical Sharps: Ask your room steward for a sharps container for needle disposal

Environmental Hotline: You may phone hotline at 877-501-5976 or E-mail semshotline@ncl.com Reports are confidential.

Casino: Must be 18 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule. No cigars or pipes.

Customer Relations: Help us resolve your onboard service issues quickly by contacting the Reception Desk at #20 or call 1-866-625-1164

Safety: All sports play is done at your own risk. Please no jogging from 8:00PM-8:00AM on Deck 6. 24hr jogging on Deck 13 Aft. Use caution as the decks are slippery when wet. Please use handrails when ship is rocking.

FREESTYLE DINING

24 Hours Room Service available Dial #27/28

BREAKFAST

6:00AM-10:30AM	Early Riser- Las Ramblas	Deck 12, Aft
7:00AM-10:30AM	Garden Café	Deck 11, Aft
7:00AM-10:30AM	Omelets - Las Ramblas	Deck 12, Aft
7:00AM-10:30AM	Waffles - Pacific Heights	Deck 11, Aft
7:30AM-9:30AM	Continuous- Seven Seas	Deck 5, Aft
8:00AM-11:00AM	Great Outdoor Café	Deck 11, Aft

LUNCH

11:30AM-3:00PM	Great Outdoor Café	Deck 11, Aft
11:30AM-1:30PM	Sushi -Ginza (Charges Apply)	Deck 12, Aft
Noon-1:30PM	Continuous - Seven Seas	Deck 5, Aft
Noon-2:00PM	Pasta - Pacific Heights	Deck 11, Aft
Noon-2:00PM	Sandwiches - Las Ramblas	Deck 12, Aft
Noon-3:00PM	Lunch Buffet - Garden Café	Deck 11, Aft
Noon-4:00PM	Pizza- Pacific Heights	Deck 11, Aft

SNACKS

11:00AM-10:00PM	Ice Cream- Garden Café	Deck 11, Aft
3:00PM-5:30PM	Snacks - Great Outdoor	Deck 11, Aft
5:30PM-10:00PM	Tapas in Las Ramblas	Deck 12, Aft
5:30PM-5:30AM	Late Night - Sports Bar	Deck 11, Aft
10:00PM-Midnight	Late Night - Garden Café	Deck 11, Aft
11:00PM-1:00AM	Casino Late Night Snacks	Deck 7, Mid

DINNER

5:30PM-10:00PM	International -Garden Café	Deck 11, Aft
5:30PM-9:30PM	Freestyle - Four Seasons	Deck 5, Mid
6:00PM-10:00PM	Freestyle - Seven Seas	Deck 5, Aft

SPECIALTY RESTAURANTS

5:30PM-Close	<i>Pacific Heights</i> #93 Cooking Light	Deck 11, Aft
5:30PM-Close	<i>Ginza</i> #82 Teppanyaki	Deck 12, Aft
5:30PM-Close	<i>Ginza</i> #82 Sushi Bar	Deck 12, Aft
6:00PM-Close	<i>East Meets West</i> #82 Steak House	Deck 12, Aft
6:00PM-Close	<i>Il Adagio</i> #80 Fine Italian	Deck 5, Mid
6:00PM-Close	<i>Le Bistro</i> #81 French /Med	Deck 12, Aft

Reservations are highly recommended for all Specialty Restaurants. Call 58200 or visit the Restaurant Reservation Desk located in the Atrium Deck 5 Mid Ship between 8:00am-5:00pm. Cover Charges Apply (Includes all items except A La Carte) - East Meets West Steakhouse \$20.00, Le Bistro 15.00, Il Adagio \$12.50. Individual pricing applies for Ginza. (Teppanyaki & Sushi Bar). A fee of \$5.00 per person will be charged for cancellations after 5:00 PM. There is no cover charge for dining in Pacific Heights or Las Ramblas.

Smoking Policy: Smoking permitted in designated areas & open decks. Cigar & Pipe smoking are permitted in the Havana club Deck 6, Mid & open decks.

Dress Code: Blue jeans, shorts and tank tops are not permitted after 5:30pm in restaurants except Garden Café & Sports Bar.

Alcohol Policy: Service and consumption of alcoholic beverages requires 21 years of age.

Sports Info: Golf Clubs are available through Topsiders Bar, Deck 11, Aft, each day from 8:00AM to 6:00PM. The volleyball net will be up each day on the Sports Court, Deck 12, Aft, from 9:00AM-Noon.



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING