

Freestyle DAILY



Norwegian Sun Sunday, May 28, 2006 Today's Forecast Sunrise Sunset
Sunny 5:28AM 9:34PM
58F / 13C

Please remember to turn your clocks one (1) hour back before retiring tonight (Sunday)!
(Between Sunday night and Monday morning)

SPOTLIGHT SHOWTIME

Norwegian Cruise Line presents

"Hey! Mr. Producer"

Featuring the Jean Ann Ryan Company, in a celebration
of the shows of Cameron Mackintosh!

STARDUST LOUNGE DECKS 6 & 7 AFT
7:30PM & 9:30 PM

Note: Running Time 1 hour 3 minutes

ALASKA

SOUTHEAST ALASKA is a world of forested islands with abundant wildlife and rivers of ice. Nature is the heart of this beautiful and rugged frontier. On land you see bears and bald eagles that will soar over as you float along its rivers. Out on the water see whales breach, harbor seals lounging on icebergs and glaciers calving as you cruise. Let us show you it all! From the eagle's eye the beauty emerges when you take a floatplane over the ice fields or a helicopter flight that lands you on a glacier. Walk or trek this extreme landscape, even fly through the Misty Fjords. Great land tours in all the ports: hiking, biking, sport fishing, horse riding, kayaking, whale watching and of course the amazing trip up the White Pass Railway on the World famous train tracks of the Old Klondike Gold Diggers. It is all here for you to explore. This is your chance, experience Alaska.

WHAT'S ON TAP TODAY!!

GLENN MILLER

Join your Cruise Director Darin and the Norwegian Sun Showband for their Tribute to the music of Glenn Miller. Get up on the dance floor or just sit and relax as you listen to the music as it was intended to be heard, live and in person. Observation Lounge, Deck 12, Fwd 8:45PM-9:30PM

STAR SEEKER

It's not your typical Talent Show! It's a chance to win a FREE cruise and maybe even an entertainment contract with NCL! So if you think you have what it takes, then come out this afternoon and sign up. Must be 18 years or over to participate. 2:30PM in Las Ramblas, Deck 12, Aft.

NEW YEAR'S EVE PARTY

Get ready for an exciting night as we celebrate New Year's Eve again on the Sun. We've got the live band, the decorations, the countdown, even the funny hats. All we need is you. It's time to party with *Harmony & Rhythm* & the *Cruise Staff* tonight!
11:00PM in Dazzles Disco, Deck 6, Mid

BINGO!!! - Join your *Cruise Staff* in the morning for our **Free Card Bingo Kick-Off** and in the afternoon, we play our **Double Power Bingo Special** session! Remember, every time you play Bingo you have more chances to win a Free Cruise for 2 to the Caribbean by collecting raffle tickets. **11:15AM & 3:45PM in the Stardust Lounge, Deck 6, Aft**

DON'T MISS THIS!

Professional Formal Night Portraits 5:00PM-10:00PM, Atrium Deck 5, Mid & with Captain Mikael Hilden from 7:00PM-7:30PM

Alaska, Day 2, At Sea, Resort Casual/Optional Formal

THE NCL WAY: Our mission is to offer unique cruise vacations and to delight our guests with friendly and efficient service from a dedicated, passionate team...with the spirit of determination and innovation.

DEAR CRUISE DIRECTOR

Question - Does the artwork that is sold at the art auction come with the frame that it is shown in?

Answer - Absolutely. ALL of our artwork includes our complete ready to hang framing service FREE!

Question - How can Fine Art At Sea offer this artwork at up to 85% off typical gallery prices?

Answer - Purchasing power! Each year, we purchase over 1,000,000 pieces of art and commission and publish thousands more.

Question - How much is the buyer's premium?

Answer - Offering one of the lowest buyer's premium in the cruise industry, there is a 15% premium added to the winning bid price.

Question - Will I really get free champagne at the first auction today?

Answer - Yes! Simply register as a bidder, and as long as you are over the age of 21 you get free champagne!

SHORE EXCURSIONS

Join your Shore Excursion Manager JP for an informative talk for the best excursions on our upcoming ports of call this week! A presentation not to be missed! 9:30AM in the Stardust Lounge, Decks 6 & 7 Aft. If you have not already signed up for a tour we recommend that you see the Shore Excursions desk as soon as possible. Tour space is limited.

MANDARA SPA

Mandara Spa will feature some great health & beauty seminars: **10:30 am Face Lift-No Surgery; 11:00 am Detox for Weight Loss; 11:45 Firming & Toning- Facts Vs Myths; 2:15 pm Color & Highlights Clinic; 2:45 pm White Teeth-Great Smile; 3:00 pm Healthy Abs & Back; 3:30 pm Natural Arthritis Remedy**

GALLERIA SHOPS

Don't forget Formal Night! Designer rings from \$16.95! Swarovski Jewelry & Kenneth Cole to compliment your evening wear. Don't miss our Deck Sale at 9:00AM, poolside, Deck 11, Mid (weather permitting). Rhythm Clock Presentation at 10:00AM in the Gift Shops. Inch of Gold from \$1 an inch. Purchase 21" of a \$2 chain or more and receive a FREE matching Bracelet.

PORT AND SHOPPING

Join Brent today for two not to be missed presentations! At **10:15AM** it's the Port & Shopping talk. Find out what you will be doing in our first 3 ports of call! Then, at **3:00PM** it's the Diamond & Gem Seminar. Learn all about why Alaska is the place to buy your jewelry. Everyone leaves with \$250 in Prizes. Stardust Lounge, Decks 6 & 7, Aft

SPORTS AFLOAT

Every time you see the initials **SA** in bold in front of an event, that means it's part of our **Sports Afloat** program. Pick up your card and get it punched for each **SA** event you go to. Get 15 punches and on the last sea day you get a FREE Sports Afloat T-Shirt!

SUN CLUB CASINO

You could win \$500 cash in our slots and blackjack tournaments! The challenge begins with our first qualifying rounds of **Victory at Sea Slot Tournament** and then continues with the **Waves of Cash Blackjack Tournament**. Start your day right! Purchase your Triple Play Chips for only \$10 and get \$15 in table chips. That's a FREE \$5 chip! Once per guest per cruise.

CHAMPAGNE ART AUCTION

Join one of the largest Art Dealers in the world for a fun and exciting 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

Have you checked to see if you are the winner of 100 FREE minutes? Stop by the Internet Café and see. Take advantage of our discounted Internet **Time Plans** and save as much as **47%** off the pay as you go rate - you will also be eligible for the many savings around the ship! Your Laptop or ours!! **Wireless access available.**

PHOTO GALLERY

Formal Night! Take this opportunity to have your portraits professionally taken by your friendly on board photographers. There is no sitting fee and no purchase obligation, so you have nothing to lose! Portraits will be taken in the Atrium and by Seven Seas restaurant. Have your photograph taken with our Captain between 7:00PM-7:30PM in the Atrium.

SPECIALTY RESTAURANTS

Tonight we are pleased to offer 50% off the cover charges at two of our most popular specialty restaurants. Choose between the fine Italian cooking at Il Adagio, or the succulent French-Mediterranean cuisine of Le Bistro. Make a reservation now!

MORNING ACTIVITIES

8:00AM	SA- Walk A Mile- 3 and a half laps = 1 mile Promenade, Deck 6, Fwd, Starboard Side
8:00AM	SA- Fab Abs Fitness Room, Deck 11, Fwd
9:00AM	Morning Trivia- with your <i>Cruise Staff</i> Windjammer, Deck 6, Mid
9:00AM-11:00AM	SPIN TO WIN Free Pull Machine Casino, Deck 7, Mid
9:30AM	Arts and Crafts: Crepe Paper Flowers Windjammer, Deck 6, Mid
9:30AM	Shore Excursions Presentation- with <i>JP</i> Stardust Lounge, Decks 6 & 7, Aft
10:00AM	SA- Pathway to Yoga (\$10 per person) Fitness Room, Deck 11, Fwd
10:00AM	Lecture: Fun Facts about our Destinations Dazzles Disco, Deck 6, Mid
10:15AM	Port and Shopping Presentation- with <i>Brent</i> Stardust Lounge, Decks 6 & 7, Aft
10:30AM	Sushi Demonstration with your expert chefs Ginza, Deck 12, Aft
11:00AM	Texas Hold'em Tournament Casino, Deck 7, Mid
11:15AM	Free Card Bingo- with your <i>Cruise Staff</i> Stardust Lounge, Decks 6 & 7, Aft
11:30AM	Acupuncture Seminar-Life Changing Intro Mandara Spa, Deck 11, Fwd

AFTERNOON ACTIVITIES

Noon	Informal Bridge Play- with your fellow guests Bali Room, Deck 6, Aft
12:00PM	Cha Cha Dance Class- with <i>Olga & Dima</i> Fitness Room, Deck 11, Fwd
12:15PM	Name That Tune- with Shelley O'Brien Windjammer, Deck 6, Mid
12:30PM	SA- Crazy Golf Putting Challenge #1 Atrium, Deck 5, Mid
1:00PM	Watch Seminar with Brent Observation Lounge, Deck 12, Fwd
1:30PM	Art Auction Preview (Auction at 2:00PM) Dazzles Disco, Deck 6, Mid
1:30PM	Victory At Sea Slot Tournament Casino, Deck 7, Mid
1:30PM	SA- Shuffleboard Challenge Sports Court, Deck 12, Aft
2:00PM	Wine Tasting Seminar (\$15 per person) Le Bistro, Deck 12, Aft
1:30PM	A & C Enrichment: Creating Travel Journals Borneo/Malaysia Room, Deck 6, Aft
2:00PM-4:00PM	Ice Breaker Challenge- Pick up your forms! Library, Deck 6, Aft
2:15PM	Perfume Seminar Windjammer, Deck 6, Mid
2:15PM	Service Club Meeting - Calling Elks, Lions etc. Java Café, Deck 5, Mid
3:00PM	Waves of Cash Blackjack Tournament Casino, Deck 7, Mid

LATE AFTERNOON/EVENING ACTIVITIES

3:00PM	SA- Country Line Dancing Observation Lounge, Deck 12, Fwd
3:00PM	Diamond and Gem Seminar with Brent Stardust Lounge, Decks 6 & 7, Aft
3:45PM	Double Power Bingo- with your <i>Cruise Staff</i> Stardust Lounge, Decks 6 & 7, Aft
4:00PM	Martini Tasting Class (\$15 per person) Windjammer, Deck 6, Mid
4:30PM	SA- Basketball Challenge Sports Court, Deck 12, Aft
5:00PM	SA- Fit Ball Total Body Workout (\$10 p/p) Fitness Room, Deck 11, Fwd
6:00PM	Bill W. Meeting - meet with your fellow guests Bali Room, Deck 6, Mid (enter from Havana)
7:00PM-7:30PM	Professional Portraits with the Captain Atrium, Deck 5, Mid
7:00PM-8:15PM	Karaoke with your fellow guests Dazzles Disco, Deck 6, Mid
7:30PM & 9:30PM	SHOWTIME - Hey Mr. Producer Stardust Lounge, Decks 6 & 7, Aft
8:30PM	Dysfunctional Family Feud Dazzles Disco, Deck 6, Mid
8:45PM-9:30PM	Tribute to Glenn Miller Observation Lounge, Deck 12, Fwd
11:00PM-Midnight	New Year's Eve Party- with your <i>Cruise Staff</i> Dazzles Disco, Deck 6, Mid

MUSIC AND DANCING

HARMONY & RHYTHM	<u>Dazzles Disco, Deck 6, Mid</u>
9:15PM-10:00PM	
10:15PM-11:00PM	Crooners & Divas
11:00PM-Midnight	New Year's Eve Party
SHELLEY O'BRIEN	<u>Windjammer, Deck 6, Mid</u>
12:15PM	Name That Tune
8:15PM-9:00PM	
9:15PM-10:00PM	
10:15PM-Close	Tribute to Frank & Ella
PRYME TYME	<u>Observation Lounge, Deck 12, Fwd</u>
9:45PM-10:30PM	
10:45PM-11:30PM	
LOS AMIGOS	<u>Las Ramblas, Deck 12, Aft</u>
8:30PM-9:15PM	
9:30PM-Close	
SUN SHOWBAND	<u>Observation Lounge, Deck 12, Fwd</u>
8:45PM-9:30PM	Tribute to Glenn Miller
FABRIZIO CALIGARIS	<u>Atrium, Deck 5, Mid</u> (Windjammer, Deck 6, Mid)
6:00PM-6:45PM	
7:00PM-8:00PM	
8:30PM-10:15PM	
DJ ROMMEL	<u>Dazzles Disco, Deck 6, Mid</u> (must be over 18 after 11:00PM)
Midnight-Close	

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>Fruit Bowl</i> - \$8.00 (All Bars)
Coffee:	<i>Café Royale 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 (5:00PM-7:00PM)
Smoothie:	<i>Papaya</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
8:00PM-10:00PM	Art Director in Gallery	Deck 7, Mid
9:00AM-Close	Casino Open	Deck 7, Mid
8:00AM-Noon	Credit Desk	Deck 5, Mid
2:00PM-6:00PM	Credit Desk	Deck 5, Mid
9:00AM-11:00PM	Galleria Tax Free Shops	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
7:00PM-10:00PM	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
9:00AM-10:00AM	Port & Cruise	Deck 5, Mid
4:30PM-6:00PM	Port & Cruise	Deck 5, Mid
9:00AM-3:00PM	Photo Gallery Shop	Deck 6, Aft
24 hrs	Reception	Deck 5, Mid
9:00AM-8:00PM	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

5:30AM-10:00AM	Early Riser- Las Ramblas	Deck 12, Aft
6:30AM-10:30AM	Garden Café	Deck 11, Aft
6:30AM-10:30AM	Omelets - Las Ramblas	Deck 12, Aft
6:30AM-10:30AM	Waffles - Pacific Heights	Deck 11, Aft
7:00AM-11:00AM	Great Outdoor Café	Deck 11, Aft
7:30AM-9:30AM	Continuous- Seven Seas	Deck 5, 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	American Buffet -Garden Café	Deck 11, Aft
5:30PM-9:30PM	Captain's Gala - Four Seasons	Deck 5, Mid
6:00PM-10:00PM	Captain's Gala - Seven Seas	Deck 5, Aft

SPECIALTY RESTAURANTS

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

50% OFF TONIGHT ONLY IN LE BISTRO AND IL ADADGIO

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.

Open Flames: Open flames are prohibited, including candles and burning incense!

Raw Food Warning: There is a risk associated with consuming raw oysters or animal protein especially if you have a chronic illness or immune disorder. If unsure of your risk, please consult a physician.

Diapers: Diapers are not permitted in the pools or hot tubs by persons of any 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