

FREESTYLE DAILY



TODAY'S FORECAST Mostly Sunny 74°F/24°C

SUNRISE 6:13a

SUNSET 8:26p

ARRIVAL 8:00a

OVERNIGHT

SAY HELLO TO HERITAGE WHARF

Get ready to kick off your flip-flops on pink sand beaches in beautiful Bermuda. Or maybe you'd like to discover the deep blue sea. Either way, this is your chance to do something inspiring. You'll have the ultimate vacation that is always unscripted, up-close and personal and off the clock. Allowing you to experience something new and different every day, while creating a special connection with each destination you visit.

TIP OF THE DAY: Stay healthy. Please wash your hands often, especially after eating, smoking, or using the restroom.

NORWEGIAN JOY

DAY 4

WEDNESDAY

June 8

Heritage Wharf, Bermuda

YOUR ADVENTURE AWAITS

With Freestyle Cruising, you've got the freedom to create your very own story on an exciting Shore Excursion. Soak up as much adventure as you like – at your leisure.

BERMUDA FUN FACT

Bermuda Island is much closer than you think - less than 2 hours away from most eastern US airports. With our incomparable weather, pink sand beaches, breadth of historic sites and warm, friendly people, it's no wonder Condé Nast Traveler readers have voted Bermuda "Best Island in the Caribbean/Atlantic" 18 times since 1994.

TOP FIVE SHORE EXCURSIONS

- Bermuda Island Drive
- Glass-bottom Boat & Sightseeing
- Rising Son Catamaran Swim & Snorkel
- Horseshoe Bay Beach Transfer
- Sunset Catamaran Swizzle Cruise

IMPORTANT REMINDERS

Local Agricultural Law prohibits taking the following items ashore: plants, fruits, vegetables, meat & illegal substances which can result in an immediate fine. Please carry a valid photo ID and your Joy Freestyle card when going ashore. If you are on a Norwegian Cruise Line organized Shore Excursion, please check your tour ticket for your meeting time and location.

FACE MASK ADVISORY

Masks are not required to be worn in the U.S. or onboard our ships, although they are encouraged for additional protection. Masks are required on public indoor venues and public transportations in Bermuda. We hope you have a safe and unforgettable vacation with Norwegian Cruise Line.

PORT AGENT INFORMATION

Port Agent: Troy Pitcher
The Meyer Group of Companies
Meyer Agencies
35 Church Street, Hamilton
Mobile phone: +1 (441) 337 8183
Email: TroyP@meyer.bm

BACK TO BACK

Are you sailing with us next cruise? Please proceed to the Guest Service Desk on Deck 6, Mid-ship, to register.

TODAY'S HIGHLIGHTS

ARTS & CRAFTS: TECH ORGANIZER ROLL

Time: 10:15a

Place: Atrium, Deck 6, Mid

GIANT JENGA CHALLENGE

Time: 11:00a

Place: Atrium, Deck 6, Mid

SIZZLE LATIN PARTY

Time: 10:30p (Weather permitting)

Place: Spice H₂O, Deck 17, Aft

AGRICULTURAL NOTICE

Due to public health regulations – food of any kind (hot, raw or unpacked/packed) will not be allowed to be brought onboard or taken off the ship at any time. Any beverages are not allowed to be brought onboard. Wine or liquor purchased in any port of call and brought on board by the guest will be stored by the ship and given back to the guest on the evening before disembarkation or the morning of disembarkation.

CATCH THE FERRY TO ST. GEORGE

A complimentary tender will be provided for guests to go to St. George from the Royal Naval Dockyard. No reservations - the service works as a first come first service basis. Please refer to below timings:

**DEPARTS
DOCKYARD**
9:00am
11:15am
1:30pm

**DEPARTS
ST. GEORGE**
10:00am
12:30pm
3:00pm
5:15pm

IMPORTANT NUMBERS Emergency: Dial 911 | Guest Services: Dial 00

GUEST ADVISORY

Please be informed that in Bermuda, face masks are required to be worn in public indoor facilities and public transportation, and social distancing will be observed. Original or copies of the vaccination cards are not required.

WHAT'S HAPPENING TODAY.

◀ TEAR HERE

◀ FOLD HERE

DAY 4
WEDNESDAY
June 8

MORNING

All Day	The Morning Show with Jerry & Friends	Channel 19
7:00a	Morning Stretch & Fab Abs	Fitness Center
8:00a-7:00p	Kids Aqua Park is Open **	Deck 16, Mid
8:00a-10:00p	Spa Topia Spa Special * (call 030)	Mandara Spa
8:00a-10:00p	Giant Chess **	Deck 17, Fwd
8:00a-10:00p	Ping Pong Play **	Deck 17, Fwd
8:00a-10:00p	Mini Golf is Open (Access via Deck 18, Aft) **	Deck 19, Aft
9:15a	Good Morning Trivia	Atrium
10:00a	Wrinkle Remedies with Dr. Sarah	Mandara Spa
10:15a	Arts & Crafts: Tech Organizer Roll	Atrium
10:30a	Pain Solutions with Acupuncture	Mandara Spa
11:00a	Giant Jenga Challenge	Atrium

AFTERNOON

12:00p	Broadway Trivia	Atrium
12:30p-6:00p	Aqua Racer is Open **	Deck 17, Mid
12:30p-6:00p	Kids Water Slide is Open **	Deck 16, Mid
12:30p-6:00p	Ocean Loops is Open **	Deck 17, Mid
1:00p	Documentary: Embark Series (NR, 1h 19m)	Atrium
3:00p	Scattergories	Atrium
3:00p	Ping Pong Tournament (portside) **	Deck 17, Fwd
3:00p-4:00p	Party Hits with Celebrity DJ LVS **	Poolside
3:00p-4:00p	Double Speedway for Kids & Adults * **	Deck 18, Aft
3:00p-5:00p	Family Feel Free Play	Deck 5, Aft
3:00p-9:00p	Galaxy Pavilion is Open (no food/drinks) *	Deck 16, Aft
4:00p	Latin Line Dance Class **	Poolside
4:00p	Visual Trivia: Company Logos	Atrium
4:30p-9:00p	Speedway is Open * **	Deck 18, Aft
5:00p	Complimentary Foot Print Analysis	Mandara Spa
5:30p	18 to 20 yrs. Social Gathering (Self-Led)	Maltings
5:30p	Solo Travelers Meet (Self-Led)	Maltings

* Denotes a fee for this program
** Weather Permitting

DRINK OF THE DAY AND MORE

Bahama Mama - \$9
Rum, Creme de Banana, grenadine, pineapple, & Orange juice.
Sail & Sustain cocktail of the day: Pulp Art - \$12. Rum, Campari, Guava, pepper top cordial, lemon and orange juice. Featured "Sail & Sustain" cocktail of the day. "Pulp Art" is only available at Sugarcane Waterfront Bar, Deck 8, Mid. A 20% gratuity and beverage service charge will be added to your check.

NIGHT

6:00p-6:45p	Piano Melodies with Ed Kelly	Atrium
6:00p-7:00p	Friends of Bill W. (Self-Led)	Pacific
6:00p-7:00p	See Jessica for Bermuda VIP Cards	Atrium
6:00p-10:00p	Professional Portraits	Deck 6 & 8
6:00p-10:00p	The Best of the Impressionists Exhibition	Art Gallery
6:15p-7:15p	Dine & Relax with The Wanted	"Q"
6:30p	LGBTQIA+ Social (Self-Led)	Maltings
6:30p-10:00p	Art Scavenger Hunt - Round 3	Art Gallery
6:45p-10:00p	Collect Your Complimentary Artwork	Art Gallery
7:00p	Wheel of Ill Will Game Show	Atrium
7:00p	Entourage Teen Lounge is Open (13-17yrs.)	Deck 16, Aft
7:00p-9:00p	Laser Tag is Open * **	Deck 20, Aft
7:15p-10:00p	Rock Out with 4 Blue	The Cavern
7:30p	Juggler: Jeff Taveggia ^	Theater
7:30p-9:00p	Complimentary Collagen Eye Treatments	Mandara Spa
7:30p-9:00p	Complimentary Hypervolt Massage Demo	Mandara Spa
7:30p-9:15p	Early Evening Tunes with Azucar Duo	Sugarcane
7:45p-9:30p	Country Music with The Wanted	"Q"
8:00p-9:45p	Piano Favorites with Ed Kelly	Atrium
8:15p-9:00p	Cocktails & Cha Cha with Tropical 4 **	Spice H ₂ O
8:30p	Movie: Luca (PG, 1h 35m) **	Poolside
8:45p-10:30p	Piano Bar Entertainment with Zoe Jackson	The District
9:00p-10:00p	Hot Seat Promotion	Casino
9:30p	Levity Comedy with Larry Omaha (18+) ^	Theater
9:30p-10:15p	Latin Dance Music with Tropical 4 **	Spice H ₂ O
10:00p-10:45p	Best of Billy Joel with Ed Kelly	Atrium
10:15p	Merengue Dance Class **	Spice H ₂ O
10:30p	Sizzle Latin Party **	Spice H ₂ O
10:30p	Teens' Movie Night (13-17 yrs.)	Deck 16, Aft
10:30p-11:30p	Fun Karaoke Blast	The Cavern
11:15p-Close	Late Night with Celebrity DJ LVS (18+)	The Social
12:00a	Over 1 Million Paradise Lotto Drawing *	Casino
Until approx. 5:00a	Overnight Slots	Casino

^ Photography, audio and video recording is prohibited
+ Requires Registration

BLIND BLACK GLASS TASTING WITH MACAROONS

World class wines each paired with a delicious macaroon.
Does red wine really go better with chocolate macaroons or is the actually a white wine in that black glass? This is a super fun experience that will leave you wanting more. The Cellars by Michael Mondavi, Deck 8, Mid. Call your Cellar Master Yuliya on #28963 for reservations.

◀ TEAR HERE

◀ FOLD HERE

GOOD TO KNOW.



TODAY'S DINING OPTIONS

MORNING

COMPLIMENTARY

Garden Café Buffet	(Deck 16, Fwd)	6:30a-10:30a
Observation - Early riser	(Deck 15, Fwd)	5:30a-11:30a
Savor	(Deck 6, Aft)	7:00a-9:00a
Taste	(Deck 6, Aft)	7:30a-9:30a
The Local Bar & Grill	(Deck 7, Mid)	5:00a-11:30a

AFTERNOON

COMPLIMENTARY

Garden Café	Latin (Deck 16, Fwd)	11:30a-3:00p
Observation Lounge	Snacks (Deck 15, Fwd)	2:30p-5:00p
The Local Bar and Grill	(Deck 7, Mid)	12:00p-5:00p
CHARGE APPLIES		
American Diner (A la Carte) **	(Deck 17, Aft)	12:00p-5:00p

DINNER

Garden Café	Bahamian Caribbean (Deck 16, Fwd)	5:00p-9:30p
Garden Café - Late Snack	(Deck 16, Fwd)	9:30p-11:30p
Manhattan	(Deck 7, Aft)	5:30p-8:30p
Savor	(Deck 6, Aft)	5:30p-9:00p
Taste	(Deck 6, Aft)	6:00p-9:30p
The Local	Cuban Pork Roast (Deck 7, Mid)	5:00p-9:00p
The Local - Late Snack	(Deck 7, Mid)	10:00p-4:00a

CHARGE APPLIES

Cagney's (A la Carte) *	Steakhouse (Deck 8, Aft)	5:30p-9:30p
Food Republic (A la Carte) *	Fusion Food (Deck 8, Fwd)	5:30p-9:30p
La Cucina (A la Carte) *	Italian (Deck 8, Mid)	5:30p-9:30p
Le Bistro (A la Carte) *	French (Deck 8, Aft)	5:30p-9:30p
Ocean Blue (A la Carte) *	Seafood (Deck 8, Mid)	5:30p-9:30p
"Q" Texas Smokehouse (A la Carte) *	Deck 6, Fwd	5:30p-9:30p
Teppanyaki (\$49) *	Japanese (Deck 6, Mid)	5:00p-10:00p

* Please note that cover charges are per person and a 20% gratuity will be added to your check. American Diner and The Local Bar and Grill are on a first come first served basis and no reservations will be taken.

24/7

The Local Bar & Grill	(Deck 7, Mid)	Always Open
Room Service Delivery *	Dial 065	Always Open

* Denotes a fee, cover charge or a la carte.

Restaurant Reservations: 7:00a-12:00p in Teppanyaki, Deck 6, Mid, use any Digital Touchscreen located at every deck/elevator landing, use ITV from your stateroom, use Cruise Norwegian App on your mobile phone or dial 050.

Restaurant Cancellations: To ensure that our guests receive our best service, we can only hold reservations for 15 minutes. After 15 minutes, the unclaimed reservation will be released. If the party shows up late for their reservation (after the 15-minute holding time), then the guests may be seated at the next available opportunity, if one exists.

Dress Code: Resort casual and shorts are allowed in all dining venues except Ocean Blue and Le Bistro after 5:00p. Shoes and shirt must be worn.

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. **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. **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 prohibit 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 dialing 1-877-501-5976; 1-305-436-4003; the ship Guest Services 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:** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions. 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. The Social is an adult only venue after 10:30p each night. A curfew is in effect and guests under the age of 18 are not permitted in public areas after 1:00am, unless accompanied by their parents/guardians or in an organized youth activity. **SMOKING POLICY:** Smoking in public areas is only permitted in designated space of Spice H₂O, in the Humidor Lounge (cigar smoking only) or in the Casino only while playing. Smoking of any kind is prohibited in staterooms and balconies; a cleaning fee of \$250 will be added to your onboard account if you smoke in your stateroom. Electronic cigarettes are governed by the same standards as regular cigarettes. **SUN LOUNGERS:** Reserving lounge/sun chairs is prohibited. If any chair is left unattended for longer than 60 minutes, the items will be removed and handed to the Guest Services Desk, Deck 6, Mid. **HOT TUBS:** Children under 16 require adult supervision at all times while using the hot tubs and the hot tubs capacity is no more than 6 people on Deck 16, Mid and 35 on Deck 17, Aft.

HOURS OF OPERATION

BAR SERVICES

Atrium Bar, Deck 6, Mid	8:00a-11:30p
Garden Café, Deck 16, Fwd	6:00a-10:00p
Maltins Bar, Deck 6, Mid	4:00p-11:00p
Mixx Bar, Deck 6, Aft	4:30p-10:30p
Observation Lounge, Deck 15, Fwd	6:00a-11:00p
"Q" Texas Smokehouse, Deck 6, Fwd	5:00p-10:00p
Skyline Bar, Deck 7, Aft	9:00p-Close
Spice H ₂ O, Deck 17, Aft **	9:00a-11:00p
Surf Pool Bar, Deck 16, Aft **	Closed
Sugarcane Mojito Bar, Deck 8, Mid	3:00p-12:00a
Sugarcane Waterfront Bar, Deck 8, Mid	2:00p-11:00p
Starbucks®, Deck 6, Mid	6:00a-10:00p
Starbucks®, Deck 15, Fwd	6:00a-6:00p
The A-List Bar, Deck 8, Aft	4:30p-10:30p
The Cavern (Indoor), Deck 8, Mid	7:00p-12:00a
The Cavern Waterfront Bar, Deck 8, Mid **	3:00p-11:00p
The Cellars Wine Bar, Deck 8, Mid	4:00p-11:00p
The District Brew House, Deck 8, Fwd	4:00p-12:00a
The Local Bar & Grill, Deck 7, Mid	8:00a-2:00a
The Social, Deck 6, Mid	7:00p-Close
Waves Pool Bar, Deck 16, Mid **	7:00a-10:00p

ATTRACTIONS

Aqua Racer, Deck 17, Mid **	12:30p-6:00p
Galaxy Pavilion, Deck 16, Aft *	3:00p-9:00p
Kids Water Slide, Deck 16, Mid **	12:30p-6:00p
Laser Tag, Deck 20, Fwd **	7:00p-9:00p
Ocean Loops, Deck 17, Mid **	12:30p-6:00p
Speedway (Double), Deck 18, Aft * **	3:00p-4:00p
Speedway (Single), Deck 18, Aft * **	4:30p-9:00p

GUEST SERVICES

Art Gallery, Deck 6, Aft	6:00p-10:00p
ATM, Joy Casino, Deck 7, Mid	Always Open
Box Office, Deck 7, Fwd (Dial 073)	8:30a-9:30a
CruiseNext Desk, Deck 6, Mid	4:00p-5:00p
Entourage Teen Lounge, Deck 16, Aft, Galaxy Pavilion	5:00p-9:00p
Guest Services Desk, Deck 6, Mid (Dial 00)	7:00p-1:00a
Hot Tubs, Deck 16, Mid (6 people at a time) **	Always Open
(Children under 16 require adult supervision at all times) **	7:00a-10:00p
Hot Tubs, Spice H ₂ O, Deck 17, Aft (35 people at a time) **	
(Adult zone until 7:00p)	
iConnect Manager's Hours, Deck 6, Mid	8:00a-9:00a
Joy Casino, Deck 7, Mid	4:00p-9:00p
Kids Aqua Park, Deck 16, Mid **	9:00p Approx.-Close
Library, Deck 6, Fwd	8:00a-7:00p
Mandara Spa & Salon, Deck 16, Aft (Dial 030)	9:00a-10:00a
Main Pools, Deck 16, Mid **	3:00p-4:00p
Medical Center, Deck 13, Fwd	8:00a-10:00p
(All Medical Services are subject to charge)	7:00a-9:00p
Onboard Credit Desk, Deck 6, Mid	8:00a-9:30a
Perspectives Studio, Deck 6, Fwd (Dial 23873)	6:00p-7:30p
Port Shopping Desk, Deck 6, Mid	7:00a-10:00a
Photo Gallery, Deck 8, Aft	4:00p-6:00p
Photo Gallery Digital Kiosks, Deck 8, Aft	Appointment Only
Pulse Fitness Center, Deck 17, Aft	6:00p-7:00p
Restaurant Reservations, Teppanyaki, Deck 6, Mid (Dial 050)	6:00p-10:30p
Shore Excursions Desk, Deck 6, Mid	Always Open
Splash Academy, Deck 5, Aft	6:00a-11:00p
The Humidor Cigar Lounge, Deck 8, Stbd (Cigar Smoking Only)	7:00a-12:00p
Tradewinds Tax & Duty Free, Deck 8, Mid	7:00a-9:00a
Video Arcade, Deck 16, Aft *	6:00p-9:00p

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

Speedway and Laser Tag Cancellations: Please note that there is a 24-hour cancellation policy for the Speedway and Laser Tag. If your reservations are not cancelled at least 24 hours before your scheduled time, you will be charged 50% of the cost of the experience. The Speedway and Laser Tag are open every day - weather permitting. Reservations can be made at the Box Office, Speedway, Laser Tag, ITV or Touchscreens.

IN-CABIN PHONE RATE:

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

SPA SPECIAL: SPA TOPIA

Receive all of the below:

Full body Hot Stones or Bamboo Massage

Foot and ankle massage

Hand and arm massage

Dry skin brushing

75 minutes- \$179 Save \$107

Time: 8:00a-10:00p, Mandara Spa, Deck 16, Aft or Call 030