

Freestyle Daily

Tonight's Entertainment

Blue Man Group

Think vibrating techno music, light shows, comedy, lots of paint and outrageously talented Blue Men creating a wildly fun party atmosphere. You'll be amazed as you become part of the show. Video and photography is strictly prohibited and please be advised that beverages are not to be brought to the Theater. Book tickets through the Box Office. Late comers will not be accommodated so please be on time. This show involves flashing images/lights.
Time: 10:00pm, Epic Theater, Deck 6, Fwd – doors open 30 minutes prior to show

Cirque Dreams™ & Dinner

The evening's special is... opulent eccentricity à la entertainment extravaganza presented by an array of world class talent, Broadway acrobatics, a touch of whimsy and tasteful participation. Enter a world where personality and presentation are served with spectacle and celebration in an unforgettable dining sensation under the first big top at sea. Video and photography is strictly prohibited. If your party size is more than 8 people, please be at the doors at 5pm or 8:15pm. Unfortunately, late comers will have their reservations released.
Time: 5:30pm & 8:45pm, Spiegel Tent, Deck 6, Fwd – doors open 30 minutes prior to show

The Second City

Spend an evening with The Second City comedy troupe and their unique form of sketch comedy. Be on your toes as this includes lots of spontaneous entertainment and audience involvement. Book tickets through the Box Office. Doors open 30 minutes prior to show.
Time: 7pm, 9pm & 11pm (11pm is 18+), Headliners, Deck 6, Fwd

The Quest

Get wild during this high-energy, fast-paced, adult game show. Leave your inhibitions behind and join us in Spice H₂O. You won't forget the Quest!
Time: 10:00pm, Spice H₂O, Deck 15, Aft

Seize the Day

Pool Games: Team up with your fellow cruisers for some poolside fun hosted by the Cruise Staff. Get involved and meet new friends!

Time: 3:00pm
Poolside, Deck 15, Mid

TV Tune Trivia: Put on your thinking caps, as we test your knowledge today during this one-off TV Quiz. It's 20 fun questions that will get you thinking about all your favorite TV shows.

Time: 5:15pm
Bliss Lounge, Deck 7, Fwd

Music Everywhere

Bliss Lounge, Deck 7, Fwd
Hip Hop Night with DJ Clint Kuper
11:00pm

Atrium, Deck 5, Mid
Wildfire: Musical Variety Duo
7:00pm to 11:15pm

Nickelodeon Arts and Crafts: Let's get crafty! Families can stop by to work together on some unique arts and crafts with Team Nick. You'll want all hands on deck for this!
Time: 5:00pm
Fat Cats, Deck 6, Aft

Slam Allen Blues Band: Don't miss out on the delta inspired sounds and jam into the wee hours to some serious blues. We've got it all on the Epic.
Time: 9:00pm-1:00am
Fat Cats, Deck 6, Aft

Manhattan Room, Deck 6, Aft
Manhattan Band - 5:30pm to 6:30pm &
7:00pm to 8:00pm & 9:00pm to 11:00pm

Shakers Martini Bar, Deck 7, Mid
Piano Man Bernie Martini
8:30pm to 12:30am

Norwegian Epic Day 7

Friday
August 20th, 2010
Nassau, Bahamas

Today's Forecast:
Hot & Humid, 91F/31C

Sunrise: 6:47am	Sunset: 7:39pm
Arrival: 12:00pm	All Aboard: 6:30pm

Tip of the Day: Are you staying on for next cruise? Please bring your cruise ticket and register at the Guest Service Desk at your earliest convenience.

Welcome to Nassau! Here are some facts for you today!

Norwegian Epic will dock in Nassau. Kindly refrain from proceeding to the gangways until clearance from the local officials has been announced over the PA system.

Please carry a valid photo ID and your Epic guest key card when going ashore.

If you are on a NCL organized shore excursion, please check your ticket for your meeting time & location.

See your Shore Excursion Team on the pier for last minute tours until 2:00pm.

Port Agent Information:

Agency: United Shipping Co. Ltd.
Long Bay Road
5th Floor Centerville House
2nd Terrace Centerville
P.O. Box N4005
Office phone: (242) 322-1340 / 1341 / 1341
Office fax: (242) 323-8779
Alfred Dorsett: (242) 427-7721
Richard Ryan mobile: (242) 422-3250
operations@unitedshippingnassau.com
r.ryan@unitedshippingnassau.com

The Daily Recommend

Shore Excursions

Why spend all day at the airport? Discover tour options that drop you off at the airport and your luggage goes with you – space is limited.

Time: 10:00am-11:30am & 7:00pm-8:00pm
Shore Excursion Desk, Deck 5, Mid

Mandara Spa

Mix & Match 3 treatments for only \$129! Choose any 3: Scalp Massage, Back Massage, Full Body Exfoliation, Foot Massage or Booster Facial and enjoy the luxurious 75-Minute Treatment.

Time: 8:00am-8:00pm
Mandara Spa, Deck 14, Aft

Art Gallery

Did you miss the auctions? Don't worry, the art team is having their Summer Clearance sale. Our collection is too large on the Epic and we need more space! If you can walk off the ship with it, this is the sale for you! Last chance Summer Sale!

Time: 10:00am-12pm & 6:00pm-9:00pm
The Collection Art Gallery, Deck 5, Fwd

Breakfast with Nickelodeon

Start your day off right and enjoy a delicious breakfast with some of your favorite Nickelodeon characters. Enjoy the show and say hello to SpongeBob SquarePants, Dora the Explorer and more!

Time: 8:30am – reservation needed
Spiegel Tent, Deck 6, Fwd

Cruise Consultant

Last Chance - To get \$100 off your onboard account. Sign-up for Cruise Rewards. See the insert for more information.

Time: 9:00am-12:00pm, 6:00pm-10:00pm
Cruise Consultants, Deck 5, Mid

Photo Gallery

It takes less than 30 seconds to find all the professional photos you had taken this cruise. You don't believe it? Come and experience it yourself! The latest face recognition and picture sorting system is only onboard Norwegian Epic.

Time: 9:00am-11:00pm
Photo Gallery, Deck 5, Mid

Tradewinds Tax & Duty Free Shopping

This morning the Tradewinds have finally made available their watch gift sets. From 10:00am until Arrival, our watch gift sets valued at over \$80 each will be sold at \$19.99. There is limited time and a limited selection. We will also be raffling off a set.

Time: 10:00am-Arrival
Promotional Kiosk, Deck 7, Mid

Port & Shopping Presentation

Join Rudi for a 20 minute Highlights of Nassau Shopping Presentation. Last chance to pick up deals, and save Tax & Duty Free in port. Free Raffle, Free Pendants and Free Give-aways. It's a must see event!

Time: 10:45am
Fat Cats, Deck 6, Aft

Epic Casino

Point redemption between 7pm-10pm only. Points earned can be used towards select onboard charges (restrictions apply).

Minimum 2,500 Seabucks to redeem; unredeemed points will carry over for your next NCL cruise and valid for 18 months.

Time: 7:30pm-Close
Epic Casino, Deck 6, Mid/Aft

Internet

Happy Hour 50% off time charges! Today only. Login between 9:00am-12:00pm and get half your minutes back during that session. Offer not valid for application charges or time plan purchase.

Manager's Hours: 9:00am-12:00pm, 5:00pm-7:00pm & 8:00pm-10:00pm
Internet Café, Deck 5, Atrium

Entertainment Box Office

It's show time! What show will you be seeing tonight? If you need any information regarding our shows this evening, stop by our Entertainment Box Office and the Staff will be more than willing to help.

Time: 9:00am-11:00am & 4:30pm-5:30pm
Box Office, Deck 6, Fwd

Bingo

Join the Bingo Mafia for Last Chance Bingo. This is your last chance to win big cash. The rollover jackpot is over \$3000 if you cover your card in 46 numbers or less. Bingo will be finished before we arrive in Nassau, so don't miss out!

Time: 10:30am
Headliners, Deck 6, Fwd

Bar Manager's Specials

Bucket of Beer: Buy 5 & get 1 free!

Daily Special: "The Painkiller"
\$7.95 – served in a souvenir glass

Sailaway Special: "Farewell to Paradise"
\$9.00

Coffee of the Day: "Mocha Java"
\$6.75

Smoothie: "Sunshine Smoothie"
\$8.95 – served in a souvenir glass

Non-Alcoholic: "Tom & Cherry"
\$4.50

The Day Ahead Your Choice

A Morning of Possibilities

All Day	Sudoku & Crosswords Available	Bowling Alley
All Day	Giant Chess Play	Promenade
7:00am	Total Body Conditioning	Pulse Fitness
7:00am	Stretch & Relax Class	Pulse Fitness
7:30am	Pathway to Yoga *	Pulse Fitness
8:30am	Breakfast with Nickelodeon	Spiegel Tent
8:45am	TRX Suspension Training Group *	Pulse Fitness
8:45am	Tour de Spin: Time Trial *	Pulse Fitness
9:00am-10:00am	Final Gibson Guitar Return	Fat Cats
9:00am-10:30am	Nintendo Wii on the big screen	Atrium
9:00am-12:00pm	Prize Redemption	Bliss Lounge
9:00am-12:00pm	Bowling *	Bliss Lounge
9:00am-1:00pm	Rock & Rappelling Wall	Rock Wall
9:00am-7:00pm	Waterslides	Aqua Park
9:30am	Water Aerobics	Poolside
9:30am-11:30am	Book Return	Bliss Lounge
9:30am-1:00pm	Bowling *	O'Sheehan's
9:30am-12:00pm	Sports Open Play	Sports Court
10:00am	Body Sculpt Boot Camp Session 4 *	Pulse Fitness
10:00am	Merengue Dance Class	Bliss Lounge
10:00am	Family Insanity	Fat Cats
10:00am-12:00pm	Summer Sale and Raffle	Art Gallery
10:30am	Last Chance Bingo	Headliners
10:30am-12:00pm	Piano Melodies with Ron Brown	Atrium
10:45am	Highlights of Nassau Shopping talk	Fat Cats
11:00am	Gravity Group *	Pulse Fitness
11:00am	NCLU International Wine Tasting *	Moderno
11:00am	Morning Trivia	Bliss Lounge
11:00am-1:00pm	Sail In Party with Celeb DJs	Poolside

An Afternoon of Enjoyment

12:00pm-2:30pm	Hockey Free Play	Sports Court
1:00pm	Ping Pong Tournament	Spice H ₂ O
1:00pm	Movie: Chronicles of Narnia (PG)	Atrium
2:15pm	Soccer Shootout	Sports Court
3:00pm	Pool Games	Poolside
3:00pm-7:00pm	Giant Spider Web	Sports Court
3:30pm-5:00pm	Sports Free Play	Sports Court

An Afternoon of Enjoyment (cont'd)

3:45pm-5:00pm	Nintendo Wii on the big screen	Atrium
4:00pm	Friends of Bill W.	Le Bistro
4:00pm-6:00pm	Final Book Return	Bliss Lounge
4:00pm-7:00pm	Rock & Rappelling Wall	Rock Wall
4:00pm-12:00am	Bowling *	O'Sheehan's
5:00pm	Tai Chi	Pulse Fitness
5:00pm-7:00pm	Basketball Play	Sports Court
5:00pm	Nickelodeon Arts & Crafts	Fat Cats
5:15pm	TV Tune Trivia	Bliss Lounge
5:30pm	Cirque Dreams & Dinner *	Spiegel Tent
5:30pm-6:30pm	Solo Traveler Gathering	Living Room
5:30pm-6:30pm	Music with Manhattan Band	Manhattan
5:30pm-8:30pm	Piano Melodies with Ron Brown	Taste

A Night to Remember

7:00pm	The Second City: Improv All Stars	Headliners
7:00pm	Sabbath Service (self-led)	Fat Cats
7:00pm-8:00pm	Music with Manhattan Band	Manhattan
7:00pm-10:00pm	Casino Point Redemption	Epic Casino
7:00pm-11:15pm	Wildfire: Musical Variety Duo	Atrium
8:00pm	On Screen: Janet Jackson's Concert	Spice H ₂ O
8:00pm-11:00pm	Ice Skating	Sports Court
8:30pm-10:00pm	Bowling *	Bliss Lounge
8:30pm-10:00pm	Prize Redemption	Bliss Lounge
8:30pm-12:30am	Piano Man Bernie Martini	Shakers Bar
8:45pm	Cirque Dreams & Dinner *	Spiegel Tent
9:00pm	The Second City For All	Headliners
9:00pm-11:00pm	Music with Manhattan Band	Manhattan
9:00pm-1:00am	Slam Allen Blues Band	Fat Cats
9:30pm-11:00pm	Adult Karaoke	Bliss Lounge
10:00pm	Blue Man Group	Epic Theater
10:00pm	The Quest	Spice H ₂ O
10:45pm	House Dance Party with Celeb DJ	Spice H ₂ O
11:00pm	Late Night with Second City (18+)	Headliners
11:00pm	Hip Hop with Celeb DJ Clint Kuper	Bliss Lounge
11:30pm	Paradise Lotto Draw *	Epic Casino
11:30pm	Movie: Chronicles of Narnia (PG)	Atrium

* Denotes a fee for these activities

Freestyle Dining

Freestyle Dining – it's how Freestyle Cruising began. With no fixed dining times or pre-assigned seating, you'll have more freedom throughout your entire cruise vacation. Included in your cruise fare are complimentary main dining rooms, plentiful buffets, a variety of casual cafés, grills and on-the-go choices. For a cover charge, we also offer a tempting selection of specialty restaurants with different cuisines and atmospheres. There is something for everyone and every occasion. What are you in the mood for?

The Perfect Start to the Day

Garden Café	Buffet (Deck 15, Fwd)	7:00am-10:30am
Great Outdoors	Buffet (Deck 15, Fwd)	8:00am-11:30am
La Cucina	Continental (Deck 14, Fwd)	8:00am-11:00am
Taste	Breakfast (Deck 5, Aft)	8:00am-10:00am
O'Sheehan's	Breakfast (Deck 6, Mid)	5:00am-11:00am
Spice H ₂ O	Continental (Deck 15, Aft)	8:00am-11:00am

The Best Way to Fill your Afternoon

Garden Café	Buffet (Deck 15, Fwd)	11:00am-2:30pm
Great Outdoors	Buffet (Deck 15, Fwd)	2:30pm-5:00pm

The Dinner you Won't Soon Forget

Cagney's (\$25)	Steakhouse (Deck 7, Aft)	5:30pm-10:00pm
Garden Café	Buffet (Deck 15, Fwd)	5:30pm-9:30pm
La Cucina (\$10)	Italian (Deck 14, Fwd)	5:30pm-10:00pm
Le Bistro (\$20)	French (Deck 5, Mid)	5:30pm-10:00pm
Manhattan Room	Supper Club (Deck 6, Aft)	5:30pm-9:30pm
Moderno (\$16)	Churrascaria (Deck 7, Aft)	5:30pm-10:00pm
Noodle Bar - A la carte	Chinese (Deck 6, Aft)	5:00pm-12:00am
Shanghai (\$15)	Asian (Deck 6, Aft)	5:30pm-10:00pm
Spiegel Tent (\$15/\$20)	Circus/Dining (Deck 6, Fwd)	5:30pm & 8:45pm
Spice H ₂ O	Snacks (Deck 15, Aft)	6:00pm-Close
Taste	Contemporary (Deck 5, Aft)	5:30pm-10:00pm
Wasabi - A la carte		
Yakitori & Sushi	Japanese (Deck 7, Mid)	5:00pm-12:00am
Teppanyaki (\$25)	Teppanyaki (Deck 7, Aft)	5:00pm-10:00pm

For the Anytime Appetite

Atrium	Snacks (Deck 5, Mid)	7:00am-Close
Great Outdoors	Snacks (Deck 15, Fwd)	9:30pm-12:00am
O'Sheehan's	Irish Pub (Deck 6, Mid)	Always Open
Pizza 24/7 (\$5)	Delivery Service #066	Always Open
Room Service	Stateroom Delivery #064	Always Open

Restaurant Reservations & Ice Bar: Check out all the great restaurants onboard from buffet to Asian and Steakhouse. You can make reservations for all restaurants for your cruise. Visit one of our specialty restaurants tonight for a delicious dinner. The Restaurant Reservations Desk is open from 8:00am-9:30pm the Garden Café, Deck 15, Fwd. Menus are displayed by the reservation desk.

Dress Code: Stay relaxed throughout the evening. Resort Casual is allowed in all our dining venues. Shorts are permitted in all outlets except The Manhattan room and Le Bistro after 5:00pm. Shoes and shirt must be worn, no tank tops, flip flops or baseball caps.

Restaurant Cancellations: To ensure each of our guests receive our best service, we can only hold your dinner reservation for 15 minutes. If you need to cancel, please do so before 5:00pm on the day of your reservation to avoid having the cover charge for up to two guests applied to your account.

Bar Services

Atrium Café, Deck 5, Mid	7:00am-Close
Bliss Ultra Lounge, Deck 7, Fwd	5:00pm-Close
Cagney's Bar, Deck 7, Aft	5:30pm-Close
Cascades Bar, Deck 6, Aft	6:00pm-Close
Garden Café Bar, Deck 15, Fwd	11:00am-9:00pm
Garden Café/Juice Bar, Deck 15, Fwd	11:00am-Close
Headliners, Deck 6, Fwd	4:00pm-Close
Maltings Beer & Whiskey Bar, Deck 7, Aft	4:00pm-Close
O'Sheehan's Bar & Grill, Deck 6, Mid	4:00pm-Close
Shakers Martini Bar, Deck 7, Mid	4:00pm-Close
Spice H ₂ O Bar, Deck 16, Aft (18+)	9:00am-Close
SVEDKA Ice Bar, Deck 7, Mid (\$20)	5:30pm-Close
The Studio Lounge, Deck 11, Fwd	4:30pm-8:30pm
Wasabi Sake Bar, Deck 7, Aft	5:00pm-Close
Waves Pool Bar, Deck 15, Fwd	8:00am-Close

Guest Services

Box Office, Deck 6, Fwd	9:00am-11:00am & 4:30pm-5:30pm
Click Photo Gallery, Deck 5, Fwd	9:00am-11:00pm
Cruise Consultant Desk, Deck 5, Mid	9:00am-12:00pm & 6:00pm-10:00pm
Entourage Teen Lounge - Deck 16, Aft	10:00am-12:00pm & 6:00pm-1:00am
I-Connect Internet Café, Deck 5, Fwd	Open till 10:00pm
I-Connect Internet Manager's Hours Deck 5, Fwd	9:00am-12:00pm & 5:00pm-7:00pm & 8:00pm-10:00pm
Jacuzzis, Deck 15, Mid **	8:00am-12:00am
Jacuzzis Spice H ₂ O, Deck 15, Aft ** (18+)	8:00am-12:00am
Bliss Book Return, Deck 7, Fwd	9:30am-11:30am & 4:00pm-6:00pm
Mandara Spa & Salon, Deck 14, Aft	8:00am-8:00pm
Medical Center, Deck 10, Aft	8:30am-9:30am & 4:00pm-5:00pm
Onboard Credit Desk, Deck 5, Mid	8:00am-1:00pm & 3:00pm-10:00pm
Pool, Deck 15, Mid **	8:00am-10:00pm
Kid's Pool, Deck 15, Mid **	8:00am-7:00pm
Port & Shopping Desk, Deck 5, Mid	7:00pm-8:30pm
Pulse Fitness Center, Deck 14, Mid	6:00am-11:00pm
Recess Kid's Club, Deck 14, Mid	9:00am-12:00pm & 7:00pm-10:30pm
Port Play at Recess, Deck 14, Mid	12:00pm-7:00pm
Late Night Recess, Deck 14, Mid	10:30pm-1:30am
Sandbar Spirits & Tobacco, Deck 7, Aft	9:00am-Arrival & 7:00pm-12:00am
Shore Excursion Desk, Deck 5, Mid	10:00am-11:30am & 7:00pm-8:00pm
Spice H ₂ O Pool, Deck 15, Aft ** (18+)	8:00am-10:00pm
The Barber Shop, Deck 7, Aft	8:00am-10:00pm
The Collection Art Gallery, Deck 5, Fwd	6:00pm-10:00pm
The Marketplace, Deck 15, Aft	9:00am-Arrival
Tradewinds Tax & Duty Free, Deck 7, Mid	9:00am-Arrival & 7:00pm-12:00am

Environmental Hotline: The environmental hotline shall be used only to report actual or potential environmental incidents, spills, and concerns. Please call 1-877-501-5876, the ship Guest Services Desk at 00, or e-mail to EnvironmentalHotline@ncl.com. All reports are confidential. Also please be advised that it is strictly prohibited to disembark the vessel with any food, soil or seeds. Due to the Red Palm Mite found on this island, items you may find in port made from Green Palm and tarantula leaves will not be permitted to be brought onboard our vessel.

Safety Equipment: Please don't remove or meddle with any safety equipment onboard (such as smoke detectors or fire extinguishers). Please follow all safety instructions from the crew. We strongly recommend no running on the open decks except the jogging track on Deck 7.

Customer Advisory: There is a risk involved when consuming animal products such as beef, eggs, fish, lamb, poultry or shellfish that is raw or undercooked. There is also a risk involved when consuming un-pasteurized juices. If you have a chronic illness immune disorder and are unsure of the risk, please consult a physician.

Caribbean Scooter Advisory: We want you to have the safest and most enjoyable time and that's why we want you to think twice before you decide to rent a moped. Getting injured during your vacation would not be fun, and driving a moped can be dangerous. There are tons of other great ways to explore this beautiful island, just stop by the shore excursion desk to find the experience that's best for you.

All passengers are reminded to maintain a high level of vigilance and to take appropriate steps to increase their security and safety awareness when departing the vessel.

**Weather Permitting