

BREAKFAST

6:30am	Coffee & Danish	<i>La Playa Grill, 9 Aft</i>
7:00am – 10:30am	Breakfast on Deck	<i>La Playa Grill, 9 Aft</i>
8:00am – 12:00pm	Late Risers Breakfast	<i>La Playa Grill, 9 Aft</i>
8:00am – 10:00am	Open Seating	<i>Empire, 2 Aft</i>

LUNCH

11:00am – 6:00pm	Grill	<i>La Playa Grill, 9 Aft</i>
12:00pm – 2:30pm	Lido Lunch	<i>La Playa Grill, 9 Aft</i>
12:00pm – 1:30pm	Open Seating	<i>Empire, 2 Aft</i>
Taste of Nations	Mexican	<i>La Playa Grill, 9 Aft</i>

DINNER

Assigned Dining Guests *Empire, 2 & 3 Aft*

Early Dining: 6:00pm **Late Dining: 8:15pm**

Alaskan Fish Special - Trout Fillet

Your Time Dining™ Guests

Empire Dining Room
Guests assigned to Your Time Dining are invited to dine when and with whom they choose each evening.

5:45pm – 9:30pm *Empire, 3 Aft*

Tonight's dining room attire is **Cruise Elegant**

Please Note: Gym or basketball shorts, flip-flops, bathing suit attire, cut-off jeans and men's sleeveless shirts are not allowed in the dining rooms.

CRUISE THE VINEYARDS

Wine Packages, Deluxe Packages & Premium Package are available at a savings of nearly 25% off regular wine list prices. See your Dining Room server or stop by the Formalities shop on Deck 3 Mid for details.

ALTERNATIVE DINING

We are pleased to offer alternative dining venues with varied selections.

La Playa Grill
6:00pm – 9:30pm *La Playa Grill, 9 Aft*

Deli
11:00am – 11:00pm *Deli, 9 Aft*

Late Night Bistro
11:30pm – 1:00am *La Playa Grill, 9 Aft*

Open 24 Hours
Pizza Bar *La Playa Grill, 9 Aft*
Coffee, Tea & Ice Cream *La Playa Grill, 9 Aft*
Room Service *Dial 8000*

BEVERAGE SERVICE

You must be at least 21 years old to be served alcohol on board. Proper identification with birth date is required.

Today's Drink Special
"Yellow Bird"

Morning Special
"Bloody Mary's, Mimosas & Screw Drivers" *Pool Bar, 9 Mid*

Hot Drink Special
"Russian Chocolate" *Canopy Bar, 9 Mid / Fantail Bar, 9 Aft*

Carnival Signature Cocktail
"Sex on the Beach"

Unlimited Soda Program
Check out the amazing Unlimited Soda Program, available to be used all cruise long; available for purchase at the Lobby, Casino and Pool Bars, restrictions apply

Fountain Café
Latte, Cappuccino or Espresso. Treat yourself to a thick milkshake made-to-order or indulge with a fresh pastry.
7:00am - 12:00am *Fountain Café, 2 Fwd*
6:30am - 4:30pm *Lido, 9 Aft*

United States Department of Public Health has determined that eating uncooked or partially cooked poultry, meat, eggs or seafood may present a health risk to the consumer, particularly those who may be more vulnerable.

FOR YOUR INFORMATION

MEDICAL CENTER

Phone: 4444 *Deck A Fwd*

Medical Center Hours **Emergencies:** 911

8:00am – 8:00pm
Doctor's Hours:
8:00am – 11:00am & 3:00pm - 6:00pm

SMOKING AREAS

Smoking is permitted in the Casino, Casino Bar, Shanghai Piano Bar, Dancin' Dance Club, Champion's Sports Bar and the starboard (right) side of the open deck only. Cigar smoking is only permitted in the Champion's Sports Bar located on Deck 2, Fwd & Fantail Bar located on Deck 9, Aft Starboard side.

GUEST SERVICES

Feel free to visit us throughout your cruise for general questions information, or to report lost or found items. Open 24 hours a day, located on Deck 2, Mid.

HELP US HELP YOU

The goal of all the Officers, Staff and Crew on board the Carnival Spirit is to provide you with a memorable and fun-filled vacation. If for any reason we have not met your expectations, please contact a Guest Service Associate at extension 7777. We welcome your feedback and will work to resolve any issue immediately.

ON AIR

Channel 16 - TV Channel Guide
Channel 17 - Cruise Director channel
Channel 33 - Daily movie - The Open Road
Channel 34 - Daily movie - Amelia
Channel 35 - Daily movie - Ice Age 2 - the meltdown

Stay in touch with the fun.
Follow us on Facebook.com/carnival

OPEN TIMES

Gymnasium	6:00am - 10:00pm	<i>Deck 9, Fwd</i>
Towel Hut	8:00am - 8:00pm	<i>Deck 9, Mid</i>
Whirlpools	8:00am - 10:00pm	<i>9, Mid/Fwd</i>
	8:00am - 12:00am	<i>Deck 9, Aft</i>
Swimming Pools	8:00am - 8:00pm	<i>9, Fwd/Aft</i>
	8:00am - 10:00pm	<i>Deck 9, Mid</i>
	8:00am - 8:00pm	<i>Deck 9, Aft</i>
Spa Carnival®	8:00am - 10:00pm	<i>Deck 9, Fwd</i>
Casino Slots	8:00am - Late	<i>Deck 2 Mid</i>
Formalities	9:00am - 1:00pm	<i>Deck 3, Mid</i>
Photo Gallery	9:00am - 11:00pm	<i>Deck 3, Mid</i>
The Fun Shops™	9:00am - 11:30pm	<i>Deck 3, Mid</i>
Casino Tables	10:00am - Late	<i>Deck 2 Mid</i>
Shore Excursions	10:00am - 3:00pm	<i>Deck 2, Mid</i>
Airbrush Tattoo Artist	10:00am - 4:00pm	<i>Deck 9, Mid</i>

HELP US GREENIFY: Carnival Spirit is certified by ISO14001 for the Environmental Management System. Please help us to Save Energy, Conserve Water & Reduce/Recycle Waste for a Sustainable Environment. For all environmental concerns, please contact 1-305-406-5863 (international); 1-888-290-5105 (North America); or 4ENV(4368) from your ship phone. Environmental Compliance web site: **www.carnivalcompliance.com**.
"Carnival's goal is to be the industry leader in environmental excellence."

BEACH TOWELS

Please remember to return the Carnival Beach Towel or Bathrobe to your Stateroom Steward or your Sail & Sign® Card account will be billed. If you'd like to purchase one as a souvenir, your Stateroom Steward will be happy to deliver a new one. Just ask.

DECK CHAIRS

In consideration of your fellow guests, the reserving of deck chairs is not permitted. Towels and personal items left on chairs unattended for 30 minutes or more will be removed by the pool attendants and brought to the Towel Hut for safekeeping until you pick them up.

CELLULAR PHONE SERVICE

Stay connected out at sea using your cellular phone. International rates apply. Please remember that your cellular phone may show a different time than ships time. Please always stay on ships time.

PHONING HOME

Consult your stateroom directory for dialing instructions. Charges apply to all calls including 1-800 calling cards, credit cards and collect calls. \$6.99 per minute to USA, Canada, Puerto Rico and Caribbean Islands. \$9.99 per minute for international.

INTERNET ACCESS - 24 HOURS

Purchase a Time Plan today and receive up to 20 additional minutes! Plus, Enter our Raffle for your chance to win up to 500 minutes! Parents - please contact the Internet Café Manager for information on limiting your child's Internet account and for additional information. The Internet Café is located on Deck 3 Fwd, Bow2stern WiFi available.

TIME CHANGE TONIGHT - WEDNESDAY NIGHT: Before you go to bed tonight please set your Clocks back ONE hour.

OPEN TIMES continued...

Loyalty/Cruise Expert	11:00am - 10:00pm	<i>Deck 2 Mid</i>
Formalities	3:00pm - 7:00pm	<i>Deck 3, Mid</i>
Shore Excursions	4:00pm - 6:00pm	<i>Deck 2, Mid</i>
Art Gallery	6:00pm - 9:00pm	<i>Deck 3, Aft</i>
Shopping Desk	7:00pm - 9:00pm	<i>Deck 2, Fwd</i>
Formalities	8:00pm - 10:30pm	<i>Deck 3, Mid</i>
Internet Cafe	24hrs	<i>Deck 3, Fwd</i>

MASTERCARD WITH FUNPOINTS®

Not only could the Carnival MasterCard with FunPoints® earn you a \$50 credit off of this cruise, but you could also receive double FunPoints for every purchase made onboard. Apply at the Loyalty & Cruise Experts desk today for more information.

11:00am - 10:00pm (Desk Hours) *Deck, 2 Fwd*

WEDNESDAY, SEPTEMBER 8, 2010

The **CARNIVAL SPIRIT®** Team

CAPTAIN: Captain Roberto Volpi **CHIEF ENGINEER:** Aniello Esposito

HOTEL DIRECTOR: Ron Ness **CRUISE DIRECTOR:** Stuart Dunn

Safety Message: Please, no running or playing on the stairs or safety railings.

Time Change Tonight - Wednesday night: Before you go to bed tonight please set your Clocks Back ONE hour.

A RELAXING DAY & ELEGANT NIGHT AT SEA

IMPORTANT: Don't forget to tune into the Live Morning Show with STU at 9:00am on Channel 27 & attend the Fun Ashore & Fun Aboard Presentation at 10:30am in the Pharaoh's Palace.

WEDNESDAY, SEPTEMBER 8, 2010

MORNING

7:00am Wake Up Stretch..... *Aerobics Studio, 10 Fwd*
7:30am Fab Abs Class..... *Aerobics Studio, 10 Fwd*
8:00am Pathway to Yoga +*Aerobics Studio, 10 Fwd*
Sudoku & Puzzles Available*Fountain Cafe, 2 Fwd*
Ballroom Dance Class.....*Club Cool, 2 Fwd*

9:00am STU's LIVE Morning Show *Channel 27*
Adult Arts & Crafts *Fountain Cafe, 2 Fwd*
Bridge Players Meet (unsupervised)*Monarch Room, 2 Fwd*

9:30am Get to Know Your Ship..... *Fountain Cafe, 2 Fwd*
Detox for Health & Weightloss...*Aerobics Studio, 10 Fwd*

10:00am \$600 All Aboard Jackpot Bingo *Pharaoh's Palace, 2 Fwd*
Ping Pong Tournament *Deck, 10 Fwd*

10:15am Liquor Raffle..... *Fun Shops, 3 Mid*

10:30am FUN Ashore & FUN Aboard Presentation. *Pharaoh's, 2 Fwd*

11:45am Secrets of Acupuncture Seminar*Aerobics Studio, 10 Fwd*

AFTERNOON

12:00pm 2010 Pokerpro Challenge *Louis XIV Casino, 2 Mid*
Future Cruise Presentation *Versailles Lounge, 1 Fwd*
Triathlon: 50's Decade.....*Fountain Cafe, 2 Fwd*
Scrapbookit Intro*Artist's Lobby, 2 Aft*

12:30pm Triathlon: Slogan Trivia.....*Fountain Cafe, 2 Fwd*

12:45pm 3 Minutes Bronzing Makeovers .*Aerobics Studio, 10 Fwd*

1:00pm Slot Tournament + *Louis XIV Casino, 2 Mid*
Food & Wine Pairing + *Nouveau Steakhouse, 10 Mi*
Destination Shopping Seminar . *Versailles Lounge, 1 Fwd*
Beary Cuddly +*Playroom, 5 Fwd*
Ice Carving Demonstration *Lido Stage, 9 Mid*
Triathlon: TV Theme Song Trivia....*Fountain Cafe, 2 Fwd*

1:30pm Master Mixology Competition..... *Lido Stage, 9 Mid*
Triathlon: Fun Challenge*Fountain Cafe, 2 Fwd*

1:45pm Ballroom Dance Class.....*Club Cool, 2 Fwd*

2:00pm Men's Hairy Chest Competition *Lido Stage, 9 Mid*
Fine Jewelry Seminar & Drawing..... *Fun Shops, 3 Mid*
Texas Hold'em Players Meet *Louis XIV Casino, 2 Mid*
Burn Fat Fast Seminar *Aerobics Studio, 10 Fwd*

2:30pm Live Champagne Art Auction.... *Versailles Lounge, 1 Fwd*
The Alaskan Wildlife Experience *Pharaoh's Palace, 2 Fwd*

3:00pm Puffy Eye Seminar *Aerobics Studio, 10 Fwd*
Gemstone Seminar *Club Cool, 2 Fwd*

3:30pm 5 Game Bingo + *Pharaoh's Palace, 2 Fwd*
Tea Time*Artist's Lobby, 2 Aft*
Slot Tournament Final..... *Louis XIV Casino, 2 Mid*
Adult Arts & Crafts*Fountain Cafe, 2 Fwd*

4:00pm Cycle into Shape +*Aerobics Studio, 10 Fwd*
Triathlon: Sports #1*Deco Lounge, 3 Aft*

4:30pm Trivial Pursuit #1*Deco Lounge, 3 Aft*

EVENING

5:00pm Captain's Celebrations *Spirit Atrium, 2 Mid*
Karaoke Party (Adult) *Club Cool, 2 Fwd*
Pilates Class +*Aerobics Studio, 10 Fwd*

6:00pm Circuit Training Class..... *Aerobics Studio, 10 Fwd*

7:00pm PG Rated Comedy..... *Versailles Lounge, 1 Fwd*

7:30pm Friends of Dorothy/GLBT*Deco Lounge, 3 Aft*
Friends of Bill W/ Jimmy K. *The Chapel, 3 Fwd*

7:45pm Captain's Introductions..... *Spirit Atrium, 2 Mid*

8:00pm PG Rated Comedy..... *Versailles Lounge, 1 Fwd*

8:45pm Showtime (Early Seating)..... *Pharaoh's Palace, 2 Fwd*

9:00pm Music for Dancing *Club Cool, 2 Fwd*
Sing Along Party *Shanghai Piano Bar, 3 Fwd*

9:30pm Oldies Dance Music Hour..... *Club Cool, 2 Fwd*

9:45am "R" Rated Adult Comedy..... *Versailles Lounge, 1 Fwd*

10:30pm Showtime (Late Seating) *Pharaoh's Palace, 2 Fwd*

11:00pm "R" Rated Adult Comedy..... *Versailles Lounge, 1 Fwd*

12:00am "R" Rated Adult Comedy..... *Versailles Lounge, 1 Fwd*

12:30am Michael Jackson Hour.....*Dancin' Dance Club, 2 Aft*
+ Fees apply

TIME CHANGE TONIGHT - WEDNESDAY NIGHT: Before you go to bed tonight please set your Clocks back ONE hour.

GET YOUR GROOVE ON

VARIETY MUSIC WITH BRUCE

12:00pm - 2:00pm *Spirit Atrium, 2 Mid*
5:00pm - 8:00pm *Louis XIV Casino, 2 Mid*

COCKTAIL PIANO MUSIC WITH ANDREA

12:30pm - 1:30pm *Empire Dining Room, 2 Aft*

COOL JAZZ

3:30pm - 4:30pm *Artist's Lobby, 2 Aft*

VARIETY MUSIC WITH TAKE TWO

4:45pm - 6:15pm & 6:45pm - 8:15pm *Spirit Atrium, 2 Mid*

A VARIETY OF MUSIC WITH DANIEL

9:00pm - 1:00am *Louis XIV Casino, 2 Mid*

MUSIC FOR DANCING WITH HIGH RISE

9:30pm - Late *Club Cool, 2 Fwd*
9:30pm - 10:30pm (Oldies) Hour *Club Cool, 2 Fwd*

SING ALONG PARTY WITH RAMIRO

9:00pm – 1:00am *Shanghai Piano Bar, 3 Fwd*

GREAT GUITAR MUSIC WITH PAUL

9:00pm - 1:00am *Spirit Atrium, 2 Mid*

DANCE SOUNDS WITH DJ BERNARD

10:00pm - Late 18yrs *Dancin' Dance Club, 2 Aft*

THE BEST OF MICHAEL JACKSON HOUR

12:30am - 1:30am *Dancin' Dance Club, 2 Aft*

HIT THE JACKPOT

SLOT TOURNAMENT

Remember, it's all in the wrist. And if you spin and land on the right number, you could win yourself cash and a fancy new title in our Slot Tournament. + Must be 18 or older.

1:00pm - 3:30pm *Louis XIV Casino, 2 Mid*

2010 CARNIVAL POKERPRO CHALLENGE

Are you our next Texas Hold'em Champion? Take the Challenge for your share of \$75,000 in Guaranteed Prize Money! +

12:00pm *Louis XIV Casino, 2 Mid*

CARNIVAL YOUTH EXPERIENCE

Come by for fun activities, games, & more!

KIDS CELEBRATION PARTY

5:00pm (ages 6–11) *Dancin' Dance Club, 2 Aft*

SCAVENGER HUNT

2:30pm (ages 12–14) *Circle C, 4 Fwd*

HIP HOP DANCE CLASS

3:30pm (ages 15–17) *Club O., 10 Fwd*

JAZZ HOT

Presented by your Cruise Director **STU**

Starring: **David, Janae, Ling Ling & Brailey**

& The Carnival Spirit Dancers

Music by Dave Fulton & The Spirit Showband

8:45pm & 10:30pm *Pharaoh's Palace, 2 & 3 Fwd*
Due to copyright law and safety of the performers, videotaping and photography are strictly prohibited.

GET IN ON THE ACT

THE PUNCHLINER COMEDY CLUB

We are now offering more comedy than ever before.

7:00pm - PG Rated (All Ages) **JeROME** (7pm - 8pm Happy Hour priced drinks) *Versailles Lounge, 1 Fwd*

8:00pm - PG Rated (All Ages) **PAUL LYONS** *Versailles Lounge, 1 Fwd*

9:45pm - R Rated (18yrs +) **JeROME** *Versailles Lounge, 1 Fwd*

11:00pm - R Rated (18trs +) **PAUL LYONS** *Versailles Lounge, 1 Fwd*

12:00am - R Rated (18yrs+) **JeROME** *Versailles Lounge, 1 Fwd*

PLAN ON IT

FUN ASHORE & FUN ABOARD

Don't miss out as your Cruise Director STU shares all the information that you need to know on our beautiful ports of call. Including how to get ashore, safety tips and most importantly our fantastic Shore Excursion Program.

10:30am *Pharaoh's Palace, 2 Fwd*

SHORE EXCURSIONS DESK OPENS

Swing by the desk to choose from our amazing shore excursion options and get ready to have fun! Order your tickets today.

10:00am – 3:00pm & 4:00pm - 6:00pm *Spirit Atrium, 2 Mid*

“NOUVEAU” STEAKHOUSE

How'd we create the ultimate steak experience? We combined a delicious steakhouse menu with our unique Carnival style. USDA prime beef seasoned and charbroiled to fit your exact specifications, mouthwatering seafood entrées, gourmet appetizers and an extensive wine list. For reservations, call 0770. There will be a fee of \$30 per person.

5:30pm - 9:30pm *Nouveau Steakhouse, 10 Mid*

FUTURE CARNIVAL VACATIONS

Pay Less & Cruise More - A 15 Minute Talk
Why does the person sitting next to you pay less? Joel will tell you. Find out how to get the best deals on cruises. Information on new itineraries, ships and cruise specials in 15 minutes. Find out how to get free spending money on your next cruise.

12:00pm - 12:20pm *Versailles Lounge, 1 Fwd*

11:00am - 10:00pm Desk Open *Loyalty Cruise Desk, 2 Fwd*

CAPTAIN'S CELEBRATION

Meet the Captain, Sr. Officers and fellow guests in this celebration along the Promenade Deck. Dance to live music and enjoy pre-dinner happy hour cocktails. And since you're all dressed up already, our photo staff will be there to capture this memorable experience with beautiful pictures to take home with you.

5:00pm - 8:00pm Deck 2, All

7:45pm Senior Officer Introduction Atrium Lobby, 2 Mid

SHOP TO IT

\$10 MADNESS SALE

Two fives. Ten ones. Forty quarters. Every single Bijou Turner item is just ten bucks. Now that's what we call a stimulus plan.

10:00am *Fun Shops, 3 Mid*

GO SMILE TEETH WHITENING

A revolutionary system that makes your teeth noticeably whiter in just 30 minutes. It can even lift stains from porcelain crowns and veneers and is completely safe. Don't miss out on this opportunity to dazzle everyone with your smile. Book your appointment today.

8:00am - 10:00pm *Spa Carnival, 9 Fwd*

PHOTO TIME: ELEGANT

It's not often you dress up in your finest digs. Let us capture the moment - give us your best smile and say "cheese!"

4:30pm - 6:00pm *Deck 2 & 3*

7:15pm - 8:30pm & 9:30pm - 10:30pm *Deck 2 & 3*

RENEWAL OF VOWS

Say "I love you" all over again with our Renewal of Vows ceremony, conducted by Captain Volpi. It's the perfect way to celebrate your love. Details available at the Guest Service desk as well as in Formalities.

9:00am - 1:00pm *Formalities, 3 Mid*

3:00pm – 7:00pm & 8:00pm – 10:30pm *Formalities, 3 Mid*

1. FUN ASHORE & FUN ABOARD

Join STU as he guides you through some important information on our ports, the fun on board and our great Shore Excursion Program

10:30am *Pharaoh's Palace, 2 Fwd*

2. MEET THE CAPTAIN

What's it like to man a gigantic ship of fun? Find out when you chat it up with Captain Volpi over happy hour priced drinks, music and dancing.

5:00pm - 6:00pm & 7:00pm - 8:00pm *Spirit Atrium, 2 Mid*

3. THE ALASKAN WILDLIFE EXPERIENCE

Join your onboard Naturalist, Michele as we prepare ourselves for the Last Frontier.

2:30pm *Pharaoh's Palace, 2 Fwd*

4. \$600 “ALL ABOARD” JACKPOT BINGO

All for a crazy low price. Cards can only be purchased with your Sail & Sign® Card. Scratch tickets available.

10:00am (\$600) *Pharaoh's Palace, 2 Fwd*

3:30pm (5 Game) *Pharaoh's Palace, 2 Fwd*

5. KARAOKE AWESOME WITH JOY

Maybe it's a song you choose, maybe not. The bottom line is you feel the music and let it take you over.

5:00pm - 8:30pm *Club Cool, 2 Fwd*

6. FOOD & WINE PAIRING

Join our Sommeliers for a fun and informative food and wine pairing experience. You'll learn how to match great wines with great foods. Come hungry, come thirsty, but most of all – just come.

1:00pm *Nouveau Steakhouse, 10 Mid*

7. ELEGANT NIGHT

Tonight is elegant night, and we know you want to look your best. So make your hair appointment now and be the belle of the ball. Book early to avoid disappointment.

8:00am - 10:00pm *Spa Carnival, 9 Fwd*

8. DESTINATION SHOPPING SEMINAR

Learn about one of the great lost arts: shopping. Come to our talk for details on the Carnival Recommended & Guaranteed Shopping Program and get the inside scoop on the best buys in each port and where to find them. You'll even receive your own VIP shopping card!

1:00pm *Versailles Lounge, 1 Fwd*

3:00pm Gemstone Seminar *Club Cool, 2 Fwd*

9. CHARLES WINSTON JEWELRY SALE

Don't miss this opportunity to get designer jewelry at unbelievable prices. Save 10% off U.S. retail prices.

9:00am *The Fun Shops, 3 Mid*

10. LIVE CHAMPAGNE ART AUCTION

If you love art, complimentary champagne and fun, then stop by the Live Champagne Art Auction. There's complimentary registration, discounts of up to 40% off Park West Gallery prices and the chance to bid on some really great art.

2:30pm Preview & Auction *Versailles Lounge, 1 Fwd*