

FRIDAY, SEPTEMBER 10, 2010

BREAKFAST

6:00am	Coffee & Danish	<i>La Playa Grill, 9 Aft</i>
6:30am – 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>
7:30am – 9:30am	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	South Western	<i>La Playa Grill, 9 Aft</i>

DINNER

Assigned Dining Guests *Empire, 2 & 3 Aft*

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

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 Casual**.
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.

Maitre D' Wine Selection

White: Pinot Grigio, Santa Margarita

Red: Pinot Noir, Mirassou

Alaskan Fish Special - Sword Fish

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*

Sushi Bar
5:00pm – 8:15pm *Sushi, 2 Fwd*

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
"Mystic Aurora"

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

Hot Drink Special
"Coco & Coco" *Canopy Bar, 9 Mid / Fantail Bar, 9 Aft*

Carnival Signature Cocktail
"Sex on the Beach"

Carnival Classic Cocktails
Dont forget to collect your \$5 Match play Coupon from casino cashier with your purchase
4:30pm - 8:30pm *Louis XIV Casino, 2 Mid*

Master Mixologist - Tammy Sorensen
"Tammy's Special"

Fountain Café
Latte, Cappuccino or Espresso. Treat yourself to a thick milkshake made-to-order or indulge with a fresh pastry.
7:00am - 12 midnight *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

Medical Center Hours

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 Services 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 - Twilight 2 - New Moon

Channel 34 - Daily movie - A Shine of Rainbows

Channel 35 - Daily movie - Astro Boy

Stay in touch with the fun.

Follow us on Facebook.com/carnival

OPEN TIMES

Gymnasium 6:00am - 10:00pm *Deck 9, Fwd*

Towel Hut 8:00am - 8:00pm *Deck 9, Mid*

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

Whirlpools 8:00am - 10:00pm *9, Mid/Fwd*

8:00am - 12:00am *Deck 9, Aft*

Swimming Pools 8:00am - 8:00pm *9, Fwd/Aft*

8:00am - 10:00pm *Deck 9, Mid*

8:00am - 8:00pm *Deck 9, Aft*

Shore Excursions 10:00am - 2:00pm *Deck 2, Mid*

5:00pm - 7:00pm *Deck 2, Mid*

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

3:00pm - 7:00pm *Deck 3, Mid*

8:00pm - 10:30pm *Deck 3, Mid*

Photo Gallery 9:00am - 11:00pm *Deck 3, Mid*

The Fun Shops™ 9:00am - 11:30pm *Deck 3, Mid*

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 then 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

We are wireless – connect to Carnival WiFi with your own laptop or use one of our computers in the Internet Café. You can purchase and use your minutes anytime, from anywhere. To Log Out type http://1.1.1.1 in the address bar. Please contact the Internet Café Manager during posted hours for additional information.

OPEN TIMES continued...

Airbrush Tattoo Artist 10:00am - 4:00pm *Deck 9, Mid*

Loyalty/Cruise Expert 11:00am - 10:00pm *Deck 2 Mid*

Art Gallery 5:00pm - 9:00pm *Deck 3, Aft*

Full Casino Opens 6:30am - Late *Deck 2 Mid*

Shopping Desk 7:00pm - 9:00pm *Deck 2, Fwd*

Internet Cafe 24hrs *Deck 3, Fwd*

FUTURE CARNIVAL VACATIONS

Join Joel for an informative presentation on how to get the best price on your future cruise. Come to discover the newest ships, itineraries, prime stateroom locations and the new MasterCard with FunPoints®. Also find out how you can receive an Onboard Credit for your next cruise.

5:00pm - Presentation *Versailles Lounge, 1 Fwd*

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

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CRUISING THE MAGNIFICENT GLACIER BAY

IMPORTANT: PLEASE NOTE - Today is a day to be spent appreciating the beauty of our surroundings. therefore, there will be very few activities taking place while we are in the park.

Sunrise: 6:24am • **Sunset:** 7:32pm

GLACIER BAY

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THURSDAY, SEPTEMBER 10, 2010

MORNING

All Day	Ranger's Information Desk <i>Lido Stage, 9 Mid</i>
7:00am	Approximate entry into Glacier Bay Wake Up Stretch..... <i>Aerobics Studio, 10 Fwd</i>
7:30am	Ranger's Introduction to Glacier Bay ... <i>Lido Stage, 9 Mid</i>
8:00am	Pathway to Yoga + <i>Aerobics Studio, 10 Fwd</i> Ballroom Dance Class..... <i>Club Cool, 2 Fwd</i> Sudoku & Puzzles Available <i>Fountain Cafe, 2 Fwd</i>
9:00am	Triviation: Television..... <i>Fountain Cafe, 2 Fwd</i> Bridge Players Meet..... <i>Card Room, 2 Fwd</i>
9:30am	How to Increase Your Metabolism <i>Aerobics Studio, 10 Fwd</i> Adult Arts & Crafts <i>Fountain Cafe, 2 Fwd</i>
10:30am	Acupuncture for Back Pain <i>Aerobics Studio, 10 Fwd</i> Triviation: Music <i>Fountain Cafe, 2 Fwd</i>

AFTERNOON

12:00pm	Scrapbooklt <i>Artist's Lobby, 2 Aft</i>
12:30pm	Triviation: General <i>Club Cool, 2 Fwd</i> FUN Patrol out and about <i>Stop by and say G'Day</i>
12:45pm	Slim, Trim and Firm Seminar..... <i>Aerobics Studio, 10 Fwd</i>
1:00pm	Bean Bag Tournament 16yrs & up..... <i>Spirit Atrium, 2 Mid</i>
1:30pm	Triviation: Fun Challenge <i>Fountain Cafe, 2 Fwd</i>
2:00pm	Glacier Bay Presentation <i>Pharaoh's Palace, 2 Fwd</i> Ranger's Presentation for Kids . <i>Versailles Lounge, 1 Fwd</i> Eat More to Weigh Less <i>Aerobics Studio, 10 Fwd</i>
2:45pm	Watch Sale & Drawing..... <i>Fun Shops, 3 Mid</i>
3:30pm	Adult Arts & Crafts <i>Fountain Cafe, 2 Fwd</i>
4:00pm	Triviation: Sports #2 <i>Deco Lounge, 3 Aft</i> Pilates Class + <i>Aerobics Studio, 10 Fwd</i>
4:30pm	Trivial Pursuit #2 <i>Deco Lounge, 3 Aft</i>

EVENING

5:00pm	Future Cruise Presentation <i>Versailles Lounge, 1 Fwd</i> Ballroom Dance Classes <i>Club Cool, 2 Fwd</i> The Painter of Light..... <i>Art Gallery, 3 Aft</i> Variety Music..... <i>Deco Lounge, 3 Aft</i> Triviation <i>Fountain Cafe, 2 Fwd</i> Friends of Bill W/ Jimmy K. <i>The Chapel, 3 Fwd</i>
6:30pm	\$700 Jackpot Bingo..... <i>Pharaoh's Palace, 2 Fwd</i>
7:00pm	Showtime (Late Seating) <i>Pharaoh's Palace, 2 Fwd</i>
7:30pm	Blackjack Tournament + <i>Louis XIV Casino, 2 Mid</i> Great Guitar Music <i>Spirit Atrium, 2 Mid</i> Friends of Dorothy/GLBT <i>Deco Lounge, 3 Aft</i> Pub Quiz..... <i>Shanghai Piano Bar, 3 Fwd</i>
8:00pm	Dance Music..... <i>Club Cool, 2 Fwd</i> Karaoke Party (Adult) <i>Versailles Lounge, 1 Fwd</i> Variety Music..... <i>Louis XIV Casino, 2 Mid</i>
8:15pm	\$700 Jackpot Bingo..... <i>Pharaoh's Palace, 2 Fwd</i> Sing Along Party <i>Shanghai Piano Bar, 3 Fwd</i>
8:45pm	Showtime (Early Seating)..... <i>Pharaoh's Palace, 2 Fwd</i>
10:30pm	Dance Music..... <i>Dancin' Dance Club, 2 Aft</i>
11:00pm	Blackjack Tournament Final..... <i>Louis XIV Casino, 2 Mid</i>
24 Hours	Internet Cafe..... <i>Chippendale's Library, 3 Fwd</i> + Fees apply

LOOKING AHEAD

7:00AM ARRIVAL INTO SKAGWAY

Tomorrow we arrive early into Skagway. Please read shore excursion tickets carefully for details on meeting times and locations. Guests on the White Pass and Yukon Route railway may be required to take their passports.

TOMORROW

16 flavors of Martini. What is your favorite??

TOMORROW

A tribute to New Orleans. and a trip to Bourbon street.

GET YOUR GROOVE ON

1. RANGER'S INFORMATION TABLE

Meet National Park Service rangers.

Set up all day *Deck 9, Mid*

2. RANGER'S INTRO TO GLACIER BAY

National Park Service rangers presentation

7:30am *Deck 9, Mid*

3. GLACIER BAY PRESENTATION

National Park Service rangers present an informative talk on Glacier Bay.

2:00pm *Pharaoh's Palace, 2 & 3 Fwd*

4. FUTURE CRUISE PRESENTATION

Future Cruise presentation. Join Joel for an informative presentation on how to get the best price on your next cruise.

5:00pm *Versailles Lounge, 1 Fwd*

5. FAST CASH BINGO

We can give you 700 reasons to love Bingo. Get your card early for your chance at \$700 cash.

6:30pm & 8:15pm *Pharaoh's Palace, 2 Fwd*

6. BLACKJACK TOURNAMENT

Come and see if Lady Luck is on your side tonight at our Blackjack Tournament. You could walk away with your very own trophy. + Must be 18 or older.

7:30pm - 11:00pm *Louis XIV Casino, 2 Mid*

7. IONITHERMIE WEIGHT LOSS

Want to learn one of the best ways to lose inches, reduce unwanted cellulite, and detoxify the body? Then stop by or call spa to learn about our Ionithermie detox treatment for women and men.

8:00am - 10:00pm #0700 *Spa Carnival, 9 Fwd*

8. KARAOKE FUN WITH JOY

Sign up to be the next big singing sensation.

8:00pm - Late *Versailles Lounge, 1 Fwd*

9. SO MUCH TO SEE

Carnival Shore Excursions highlights the best attractions and the coolest sightseeing opportunities. Book your tours at the Shore Excursion or Guest Services Desk. But don't wait, these tickets won't last long.

9:00am -11:00am & 4:00pm - 6:00pm *Spirit Atrium, 2 Mid*

10. THE PAINTER OF LIGHT

Thomas Kinkade is known around the world as the "Painter of Light," and now his work can hang in your home. Come pick up some of his masterful art at an extremely reasonable price.

5:00pm - 9:00pm *Art Gallery, 3 Aft*

VARIETY MUSIC WITH BRUCE

5:00pm – 9:00pm *Deco Lounge, 3 Aft*

COCKTAIL PIANO MUSIC WITH ANDREA

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

2:00pm - 3:00pm & 5:00pm - 6:30pm *Spirit Atrium, 2 Mid*

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

BIG JAZZ SOUNDS WITH THE SHOWBAND

5:15pm - 6:15pm, 7:30pm - 8:30pm *Artist's Lobby, 2 Aft*

GREAT GUITAR MUSIC WITH PAUL

7:30pm - Late *Spirit Atrium, 2 Mid*

A VARIETY OF MUSIC WITH TAKE TWO

8:00pm - 12:00am *Louis XIV Casino, 2 Mid*

DANCE MUSIC WITH HIGH RISE

8:00pm - Late *Club Cool, 1 Fwd*

50'S DANCE HITS W/ THE POMPADOURS

9:30pm - 10:30pm *Club Cool, 1 Fwd*

SING ALONG PARTY WITH RAMIRO

8:00pm – Late *Shanghai Piano Bar, 3 Fwd*

DANCE SOUNDS WITH DJ BERNARD

10:30am - Late 18+ *Dancin' Dance Club, 2 Aft*

HIT THE JACKPOT

POKER PRO TEXAS HOLD'EM

Take a seat and challenge your fellow cruisers to some Poker Pro Texas Hold'Em. +

6:30pm - Late *Louis XIV Casino, 2 Mid*

BLACKJACK TOURNAMENT

Somebody has to win and it could be you! Be sure to enter our Blackjack Tournament for your chance to win cash and prizes! Minimum age requirement – 18 years. +
7:30pm - 11:00pm *Louis XIV Casino, 2 Mid*

CARNIVAL YOUTH EXPERIENCE

Come by for fun activities, games, & more!

RANGER PRESENTATION

2:00pm (ages 2–11) *Versailles Lounge, 1 Fwd*

SCAVENGER HUNT

12:00pm (ages 12–14) *Circle C, 4 Fwd*

DRESS THE CONTESTANT

4:10am (ages 15–17) *Club 0., 10 Fwd*

COMEDY HYPNOSIS

Starring the Master of Comedy Hypnosis:

JAC RENE

7:00pm (Late Seating Guests) *Pharaoh's Palace, 2 & 3 Fwd*

8:45pm (Early Seating Guests) *Pharaoh's Palace, 2 & 3 Fwd*

Due to copyright law videotaping and photography are strictly prohibited.

GET IN ON THE ACT

KARAOKE FUN WITH JOY

Sign up to be the next big singing sensation.

8:00pm - Late

50'S DANCE HITS WITH THE “POMPADOURS”

An hour of your favorite 50's dance music with a band with big hair.

9:30pm - 10:30pm *Club Cool, 1 Fwd*

PLAN ON IT

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 -2:00pm & 5:00pm - 7:00pm *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*

GOSMILE TOOTH WHITENING TREATMENT

Clinically proven to whiten your smile up to six shades in 30 minutes, depending on your starting shade. A revolutionary system that safely whitens teeth and lifts stains from porcelain crowns and veneers. Contact the spa to book your appointment. #0700

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

MASTERCARD WITH FUNPOINTS

Not only could the Carnival MasterCard with Fun Points® earn you a \$100 credit off of this cruise, but you could also receive double Fun Points for every purchase made onboard. FREE GIFT TODAY WITH EVERY APPLICATION speak to your Loyalty and Cruise Expert Joel.

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

INTO THE DARKNESS - A QUEST FOR WILDNESS

National Park Service Ranger Sean presents the fascinating story of Glacier Bay.

2:00pm *Pharaoh's Palace, 2 & 3 Fwd*

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