

FRIDAY, SEPTEMBER 3, 2010

• **Sunrise:** 6:06am • **Sunset:** 7:56pm

BREAKFAST

5:30am	Coffee & Danish	<i>La Playa Grill, 9 Aft</i>
6:00am – 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>
7:00am – 9:00am	Open Seating	<i>Empire, 2 Aft</i>

LUNCH

11:00am – 6:00pm	Grill	<i>La Playa Grill, 9 Aft</i>
12:00pm – 3:30pm	Lido Lunch	<i>La Playa Grill, 9 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 - Rock 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*

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
"Klondike Gold Rush"

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

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

Carnival Classic Cocktail
"Sex on the Beach"

Master Mixologist - Kate Folk
"Honeymooner"

Fountain Café
Latte, Cappuccino or Espresso. Treat yourself to a thick milkshake made-to-order or indulge with a fresh pastry.

7:00am - 10:00am & 4:30pm - 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

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.

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

Follow us on Twitter.com/carnival

Follow us on YouTube.com/carnival

Follow us on LinkedIn.com/carnival

OPEN TIMES

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

Shore Excursions 7:30am - 10:00am *Deck 2, Mid*
7:30pm - 8:30pm *Deck 2, Mid*

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*

Photo Gallery 5:30pm - 10:30pm *Deck 3, Mid*

Formalities 8:00pm - 11:00pm *Deck 3, Mid*

Loyalty/Cruise Expert 9:00pm - 11:00pm *Deck 2, Fwd*

The Fun ShopsSM 9:30pm - 11:30pm *Deck 3, Mid*

Full Casino 9:30pm - Late *Deck 2 Mid*

Deck 2 9:00pm - 11:00pm (Desk Hours) *Deck, 2 Fwd*

Deck 9 8:30pm - 10:30pm (Desk Hours) *Deck, 9 Fwd*

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.

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.

SHORE EXCURSIONS IN SKAGWAY

Guests are reminded to read their Shore excursion tour tickets carefully and be aware that many excursions in Skagway require guests carry their passport.

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• **Sunrise:** 6:06am • **Sunset:** 7:56pm

• **Weather:** 50-60°

• **Wind:** 10-15 mph

• **Sea:** 1-3 ft

• **Visibility:** 10+ miles

• **Humidity:** 70-80%

• **Clouds:** 10-20%

• **Pressure:** 30.00-30.10

• **Temperature:** 50-60°

• **Water Temperature:** 50-60°

• **Wind Chill:** 50-60°

• **Relative Humidity:** 70-80%

• **Dew Point:** 50-60°

• **UV Index:** 1-2

• **Wind Gusts:** 15-20 mph

• **Wave Height:** 1-3 ft

• **Wave Period:** 8-10 sec

• **Wave Direction:** 0-90°

• **Wave Frequency:** 0-1000

• **Wave Amplitude:** 0-1000

• **Wave Velocity:** 0-1000

• **Wave Acceleration:** 0-1000

• **Wave Deceleration:** 0-1000

• **Wave Dispersion:** 0-1000

• **Wave Diffraction:** 0-1000

• **Wave Reflection:** 0-1000

• **Wave Refraction:** 0-1000

• **Wave Scattering:** 0-1000

• **Wave Strahlung:** 0-1000

• **Wave Tension:** 0-1000

• **Wave Torque:** 0-1000

• **Wave Viscosity:** 0-1000

• **Wave Volume:** 0-1000

• **Wave Weight:** 0-1000

• **Wave Width:** 0-1000

• **Wave Length:** 0-1000

• **Wave Mass:** 0-1000

• **Wave Area:** 0-1000

• **Wave Perimeter:** 0-1000

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The CARNIVAL SPIRIT® Team

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

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

Safety Message: Be careful when stepping in and out of buses and taxis.

WELCOME TO SKAGWAY, ALASKA

IMPORTANT: Arrival: 7:00am Back onboard: 8:30pm Carnival Spirit Sets Sail at 9:00pm
Please make sure that you have your Sail & Sign Card® & Photo ID with you at all times. The Gangway is located, Midship. In case of emergency contact CRUISE LINE AGENCIES OF ALASKA : (907) 983-2815

FRIDAY, SEPTEMBER 3, 2010

MORNING

7:00am	Approximate arrival into Skagway..... Sunrise Stretch Class..... <i>Spa, 9 Fwd</i>
7:30am	Fab Abs Class <i>Aerobics Studio, 10 Fwd</i>
9:00am	Sudoku & Puzzles <i>Fountain Cafe, 2 Fwd</i>
10:00am	Triathlon: Fun Challenge <i>Fountain Cafe, 2 Fwd</i> Bridge Players Meet (Unsupervised) <i>Monarch Room,2 Fwd</i> Euchre Players Meet(Unsupervised) <i>MonarchRoom,2 Fwd</i>
10:30am	Triathlon: Decade 60's..... <i>Fountain Cafe, 2 Fwd</i>
11:30am	Bean Bag Toss (Unsupervised)..... <i>Lido Stage, 9 Mid</i>

AFTERNOON

2:00pm	Scavenger Challenge <i>Lido Stage, 9 Mid</i>
3:00pm	Deck Games..... <i>Lido Stage, 9 Mid</i>
4:00pm	Circuit Training Class..... <i>Aerobics Studio, 10 Fwd</i> Friends of Bill W. Meet..... <i>Chapel, 3 Fwd</i>

EVENING

5:00pm	"North to Alaska" Show..... <i>Versailles Lounge, 1 Fwd</i> Variety Music..... <i>Deco Lounge, 3 Aft</i>
6:00pm	Guess the Price of the Painting <i>Art Gallery, 3 Aft</i> Music for Lovers <i>Nouveau Steakhouse, 10 Mid</i>
7:00pm	PG Rated Comedy..... <i>Versailles Lounge, 1 Fwd</i> Cocktail Piano Music..... <i>Spirit Atrium, 2 Mid</i>
7:30pm	British Pub Quiz <i>Shanghai Piano Bar, 3 Fwd</i> Friends of Dorothy (GLBT)..... <i>Deco Lounge, 3 Aft</i>
8:00pm	PG Rated Comedy..... <i>Versailles Lounge, 1 Fwd</i> Dance Music..... <i>Club Cool, 2 Fwd</i> Variety Music..... <i>Louis XIV Casino, 2 Mid</i>
8:15pm	Kids Movie Night..... <i>Camp Carnival, 5 Fwd</i>
8:30pm	All guests back onboard Sing Along Party <i>Shanghai Piano Bar, 3 Fwd</i> The Gender Showdown <i>Fountain Cafe, 2 Fwd</i>
9:00pm	Carnival Spirit sets sail for Juneau Karaoke Party <i>Artists's Lobby, 2 Aft</i>
9:30pm	"R" Rated Adult Comedy..... <i>Versailles Lounge, 1 Fwd</i> Country Dance music..... <i>Club Cool, 2 Fwd</i> Cocktail Piano Music..... <i>Spirit Atrium, 2 Mid</i>
10:00pm	Big Screen Movie..... <i>Pharaoh's Palace, 2 Fwd</i> Latin Music Hour 18yrs <i>Dancin' Dance Club, 2 Aft</i>
10:30pm	"R" Rated Adult Comedy..... <i>Versailles Lounge, 1 Fwd</i> 80's Rock Hour <i>Louis XIV Casino, 2 Mid</i>
11:00pm	Adult Disco 18yrs..... <i>Dancin' Dance Club, 2 Aft</i>
24 Hours	Internet Cafe..... <i>Chippendale's Library, 3 Fwd</i>
	+ Fees apply

LOOKING AHEAD

Here are some things happening later this cruise that you will not want to miss.

TOMORROW REMINDER

The deadline for enrolment in the Luggage Express Program is 12:00pm tomorrow. (Juneau)

KETCHIKAN EVENING

2nd Elegant night is dedicated to New Orleans, an evening that will be your next chance to dress up, have your photo taken, enjoy wonderful shows and choose from over 16 different Martinis on display.

*EMERGENCY CONTACT INFORMATION

In case of emergency contact CRUISE LINE AGENCIES OF ALASKA (907) 983-2815

GET YOUR GROOVE ON

VARIETY MUSIC WITH BRUCE

5:00pm - 9:00pm *Deco Lounge, 3 Aft*

MUSIC FOR LOVERS WITH TAKE TWO

6:00pm - 10:30pm *Nouveau Steakhouse, 10 Mid*

COCKTAIL PIANO MUSIC WITH ANDREA

7:00pm - Late *Spirit Atrium, 2 Mid*

A VARIETY OF GREAT MUSIC WITH JOEL

8:00pm – 12:00am *Louis XIV Casino, 2 Mid*
10:30pm - Sing 80's Rock Hour *Louis XIV Casino, 2 Mid*

KARAOKE PARTY WITH JOY

9:00pm - Late *Artist's Lobby, 2 Aft*

DANCE MUSIC WITH HIGH RISE

8:00pm - Late *Club Cool, 2 Fwd*

SING ALONG PARTY WITH RAMIRO

8:30pm – Late *Shanghai Piano Bar, 3 Fwd*

LATIN MUSIC HOUR WITH DJ BERNARD

10:00pm - 11:00pm 18yrs *Dancin' Dance Club, 2 Aft*

DANCE SOUNDS WITH DJ BERNARD

11:00pm - Late 18yrs *Dancin' Dance Club, 2 Aft*

HIT THE JACKPOT

WIN A CAR

Play our 2 cent BMW slot machines and you could be driving off with a brand new BMW!

MEGACASH

The biggest jackpot on the Seven Seas could be yours. Now over \$245,000.

FACE UP FUN

Dealer shows you both his cards. No, really. Face up blackjack is your chance to have the competitive edge. Use it wisely.

9:30pm Casino opens *Louis XIV Casino, 2 Mid*

CARNIVAL YOUTH EXPERIENCE

Come by for fun activities, games, & more!

MOVIE NIGHT

8:15pm (ages 2 - 11) *Camp Carnival,5 Fwd*

PICTIONARY

9:00pm (ages 12–14) *Club O., 10 Fwd*

KAMAKAZE KARAOKE

9:45pm (ages 15–17) *Club O., 10 Fwd*

THE PUNCHLINER COMEDY CLUB

We are now offering more comedy than ever before.

7:00pm - PG Rated (All Ages) **MERL HOBBS**
8:00pm - PG Rated (All Ages) **TOM McGILLEN**
9:30pm - R Rated (18yrs +) **MERL HOBBS**
10:30pm - R Rated (18yrs +) **TOM McGILLEN**
All shows performed in *Versailles Lounge, 1 Fwd*
"Tonight's shows are repeat performances of Wednesday's shows in which all guests can enjoy both entertainers."

GET IN ON THE ACT

KARAOKE PARTY 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.

9:00pm - Late *Artist's Lobby, 2 Aft*

THE GENDER SHOWDOWN

Come see who the dominant gender is going to be! Males vs Females!

8:30pm *Fountain Cafe, 2 Fwd*

PLAN ON IT

SHORE EXCURSIONS ARE AVAILABLE

We still have a wide range of shore excursions available for you in all of our ports of call, but hurry - they're booking up fast. Please see the Shore Excursions Desk or Guest Services 24hrs.

7:30am - 10:00am & 7:30pm - 8:30pm *Deck 2, Mid*

“NOUVEAU” STEAKHOUSE

We have created a memorable dining experience combining a delicious steakhouse menu with our unique Carnival style. Enjoy mouth-watering USDA prime beef seasoned and char broiled to your exact specifications. Or choose from our fantastic selection of seafood entrees, gourmet appetizers and extensive wine list. A nominal fee of \$30 applies. For reservations call 0770.

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

MASSAGE MANIA

Today only choose from our selection of Spa Favorites for amazing savings. Call or Visit Spa for your choices. #0700.

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

LUGGAGE EXPRESS

You have fun; we'll take care of the rest. To make sure your bags get back home safely, we print your boarding pass and baggage tags on board and then check them through to your final destination. So when you get to the airport, all you have to do is walk through the gate. Some restrictions apply; see the Guest Services desk for more details. Dead-line for enrollment is 12:00pm on Saturday .

1. SO MUCH TO SEE

Carnival Shore Excursions highlights the best attractions and the coolest sightseeing opportunities. Please see the Shore Excursions Desk or Guest Services 24hrs. But don't wait, these tickets won't last long.

7:30am - 10:00am & 7:30pm - 8:30pm *Deck 2, Mid*

2. SOUVENIR T-SHIRTS

Part of being a fan is wearing the gear. So pick up some Souvenir T-shirts for yourself and let your fun flag fly. Buy 4 for one low price.

9:30pm *The Fun Shops, 3 Mid*

3. THE GENDER SHOWDOWN

Come see who the dominant gender is going to be! Males vs. Females!

8:30pm *Fountain Cafe, 2 Fwd*

4. STEVE HITES - “NORTH TO ALASKA”

Enjoy a drink and watch a great storytelling & musical performance capturing the history of Skagway.

5:00pm *Versailles Lounge, 1 Fwd*

5. TRIVIATHON: FUN CHALLENGE

Know a little bit about a lot? Then this is your game. Bring your brain and show off its wonders.

10:00am *Fountain Cafe, 2 Fwd*

6. DETOX SEAWEED MASSAGE

Do you suffer from poor circulation, low energy levels, fluid retention, arthritis or fibromyalgia? If you answered yes to any of the above, sign up for our seaweed massage. This treatment includes a detoxifying seaweed wrap and either a half or full body massage. Book your appointment today.

8:00am *Spa Carnival, 9 Fwd*

7. THE CARNIVAL COMEDY CLUB

We are now offering more comedy than ever before.

Shows start at 7:00pm *Versailles Lounge, 1 Fwd*

8. AN EVENING FOR COUPLES

Tonight only, a special evening in the Steakhouse dedicated to couples. Enjoy live music, a cocktail, dinner and the company of that special person. Call # 0770 for your reservation.

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

9. BIG SCREEN MOVIE

Enjoy a drink and watch a great movie on the big screen.

10:00pm - The Hurt Locker *Pharaoh's Palace, 2 Fwd*

10. GUESS THE PRICE OF THE PAINTING

Venture your best guess as to what these masterful pieces may be worth. The winning guess will receive large raffle artwork.

6:00pm - 9:00pm *Art Gallery, 3 Aft*