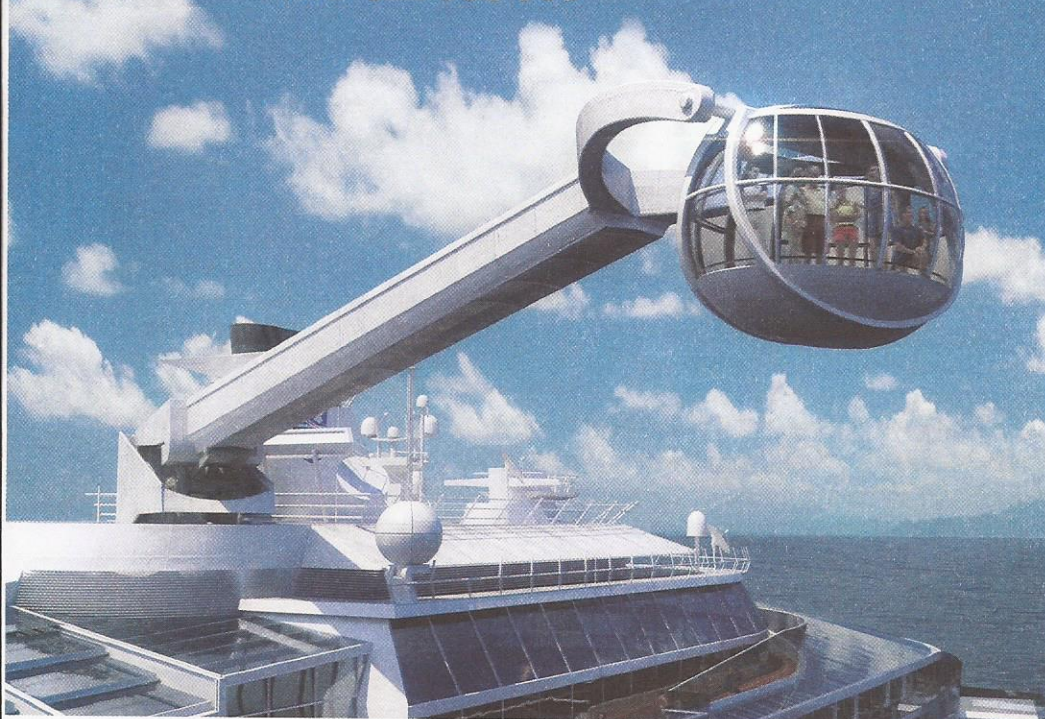




CRUISE COMPASS

航程指南



DAY 1

FRIDAY, OCTOBER 13, 2017

Quantum of the SeasSM

Today's Itinerary:
Shanghai, China



Weather Forecast:
Partly Cloudy, 67° F / 19° C

Sunrise: 5:55 am

Sunset: 5:24 pm

Wind: Northeast 13 knots

UV Index: Low 3

Tomorrow's Itinerary:
At Sea



Time Change: The ship's clocks will go one hour forward at 2:00 am Saturday morning. Please adjust your clocks and watches accordingly. Tomorrow is a brand new day.

TODAY'S FEATURED EVENTS

look for daily deals inside >



ROYAL RECOMMENDS

BROUGHT TO YOU BY
YOUR CRUISE DIRECTOR
BILL BRUNKHORST

STARWATER SHOW, NORTH STAR AND RIPCORD BY IFLY RESERVATIONS

Starwater is the only show that requires reservations due to the size of its unique venue, Two70. We also offer VIP Experience for \$29. The only activities that require reservations are our Quantum firsts, North Star (\$20/\$40 per person) & Ripcord by iFly (\$29/ \$49 per person). To avoid disappointment, plan ahead and make your reservations TODAY at our Box Office or through Royal IQ. Don't miss out! Kindly note that guests with reservations for Starwater are asked to be seated no less than 20 minutes before show time. 15 minutes before show time, reservations expire and guests without reservations will be welcomed into the venue if space is available. For North Star and iFLY, please arrive 15 minutes prior to your reserved time (cancellations cannot be refunded)..

ALL ACCESS TOUR — A BEHIND-THE-SCENES ONBOARD EXPERIENCE Go behind-the-scenes and get a seldom-seen glimpse at how the Royal Caribbean onboard experience comes to life. Experience the ultimate adventure from bow to stern, including an exclusive tour of the Bridge—the navigational heart of the ship. Hurry, space is limited. Reserve your spot at the Shore Excursions desk today!

BACCARAT AND ROULETTE ROLLING PROGRAM - STARTING AT ONLY \$10,000 Players who join this exciting program and who meet our pre-determined rolling criteria's may be eligible to earn commissions, and free cruise certificates for future sailing's. Complimentary drinks will be offered whilst gaming. Please consult your Casino Host team for T&C's regarding these offers. Sign up at the Cashier Desk in Casino Royale, Deck 3

STAY CONNECTED AT SEA AND ASHORE Purchase Internet package onboard now, you will have a chance to collect a FREE TGT pocket WIFI device to use ashore. More details please contact with your Communication Services Specialist onboard by calling 1950 or visiting Internet Assistance Desk located on Deck 4

BEAUTY ON BROADWAY EVENT Start your cruise with a spectacular Beauty on Broadway event hosted by your Shopping Ambassador tonight at 7:45pm. We are offering a deal not to be missed tonight: spend \$300 or more and get 10% off! We have amazing specials on your favorite international brands such as Estee Lauder, Lancome, La Prairie, History of Whoo, Sulwashoo and many more. All our prices are tax and duty free; our prices are almost impossible to beat anywhere in the world! Don't miss out! Join your Shopping Ambassador and the retail team tonight in the Beauty Shop to take advantage of these amazing deals and start your cruise in style.

BE IN THE KNOW

Important Notice – SeaPass Account Activation In order for SeaPass accounts to remain active for onboard purchases and gratuities, guests are kindly asked to complete credit card registration today at Guest Services, Deck 4 between the hours of noon & 4:00 pm. For those traveling with dependent family members in your stateroom and in other staterooms, the main representative of each family is required to follow one of the two following steps:

Credit Card registration If you would like to pay with a credit card for you and your dependents, please proceed to Guest Services, Deck 4 with your SeaPass card and the SeaPass cards you wish to link to that credit card between noon and 4:00 pm today.

Cash Deposit if you wish to keep the SeaPass account(s) open on a cash basis, a cash deposit is required. This can be paid at Guest Services, Deck 4 anytime before noon tomorrow (Guest Services is open 24 hours for your convenience). Only currency in USD or CUP debit cards are accepted.

Compulsory Guest Assembly Drill At the sound of the ship's whistle and alarm bells, proceed to your Assembly Station (your Assembly Station number is printed on your SeaPass card) at approximately 4:15 pm, Decks 4, 5. All bars will close at 3:45 pm in preparation for the Guest Assembly Drill. All other guest service facilities will close at 4:00 pm until the completion of the Drill.

Pool towel check-out is as easy as 1, 2, 3. But leave it behind and it's a \$25 USD fee! All you have to do is present your SeaPass card to the pool attendant, check out as many towels needed, and return them at the Towel Station with your SeaPass card. A \$25 USD fee per each unreturned pool towel will be added to your onboard expense account. Towel Station hours: 8:00 a.m. to 9:00 p.m. daily.



#ROYALWOW Share your WOW moments!



Drink of the day

CLASSIC MOJITO ----Lively blend of Bacardi Superior rum, mojito syrup, sweet & sour, splash soda water complemented perfectly with distinctive flavor of mint. \$8.25 serve in souvenir glass and the glass is yours to keep! (18% gratuity will be added to your bill)

DISCOVER SHOPPING ONBOARD

畅享海上购物大道



BVLGARI

DUTY FREE

CASINO 皇家娱乐场
Royale

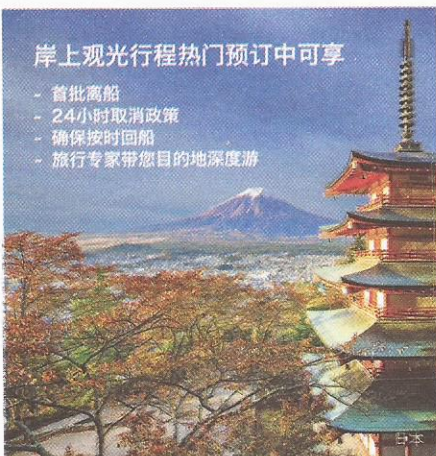


Blackjack Fact

Did you know a face card and ace are dealt approximately every 20 hands in Blackjack? That's why it's so popular. Try your luck today. See you there.

岸上观光行程热门预订中可享

- 首批离船
- 24小时取消政策
- 确保按时回船
- 旅行专家带您目的地深度游



OUR DAILY DEALS

WE'RE DEALING YOU IN Get in on the action and join us with complimentary learn-to-play sessions for our most popular games – Slots, Blackjack, Roulette, Three Card Poker and Ultimate Texas Hold'em – and you'll be playing like a pro in no time! Join us today in the Casino Royale, Deck #3.

FOCUS PHOTO GALLERY All pictures taken during the cruise by our photographers will be available for free viewing in the Focus Photo Gallery, Deck 5. You also can find one-time use, waterproof or digital cameras, memory cards and accessories for your own camera at the best price. Don't forget to pass by and see the amazing memories you will create this cruise.

GRAB YOUR FREE ART VACATION GIFT PACK Be one of the first 100 guests to stop by Park West Gallery tonight and receive a free work of art and a viewing of artwork. Grab your ticket at our "Guess the Weight of the Nano Lopez" contest on Deck 4 in the Royal Esplanade and bring to the Art Gallery, Deck 5 for a free work. This cruise is your chance to purchase works by some of the most famous artists in the western world! Brought to you by Park West Gallery, one of the largest Art Dealers in the world. Remember, the first 100 guests will receive a free artwork (supplies are limited). 6:00 pm - 10:00 pm, Art Gallery, Deck 5 aft.

PARADISE LOTTO \$10 TICKETS This is your chance to cash in on the lotto win of a lifetime! You could win over \$1,000,000 in our Paradise Lotto Drawing! Buy your lucky tickets for only \$10 at the Casino Cash Desk, Deck 3. Draws take place today at midnight.

LONGINES AND OMEGA EVENT Come join us at Regalia tonight, for special deals on an amazing collection of Longines and Omega watches; for tonight only Regalia watch team will be offering special discounts to start of your cruise in style. Please remember all our prices are tax and duty free.

SWAROVSKI COSTUME JEWELRY EVENT Swarovski Jewelry is fashion jewelry made with high quality Swarovski crystal, produced with a high degree of hand – finishing and plated with precious metals. Come to join our event tonight and you will see all Swarovski newest collection onboard. Take advantage of tax and duty free pricing and also enjoy buy 2 get 10% off deal. Sales start at 6:30 pm tonight, Royal Esplanade Deck 4.

JAPANESE PHARMACY Top 10 best-seller first launched in Deck 5, Japanese Pharmacy, saving your time and be convenient shopping onboard!

SCRATCH YOUR WAY TO \$25,000 Get your lucky scratch card from the Cashiers Desk for just \$5 and start scratching your way to winnings of up to \$25,000. Casino Royale,

SHORE EXCURSION HIGHLIGHTS

BOOK EARLY TO AVOID DISAPPOINTMENT. Book Early to Avoid Disappointment. There is a lot to do in the ports of call. Check Royal IQ for the tours available or come and see the Shore Excursions Staff on Deck 5 and inquire of what we can do for you.

DESTINATION EXPERTS We will take you to some of the most amazing destinations in the world this cruise vacation. For the best advice on what to see and where to go, visit our team at the Shore Excursions, Deck 5 Royal Esplanade. We have something for everyone. Don't forget to book early as some tours have limited availability.

MAKE THE MOST OF YOUR TIME ASHORE Have you booked your Shore Excursions yet? Act now to ensure that you will have the best experience while ashore. Browse the Shore Excursion brochure in your stateroom, attend the Q&A session on day 2 at the Shore Excursion desk on Deck 5 Royal Esplanade or view the Shore Excursion channel on your stateroom television. Make sure to secure your tour before spaces sell out!

SHORE EXCURSIONS 岸上观光
DELIVERING THE DESTINATION

The best part about traveling is being able to do things you can't do back home. It's not every day you can explore like you'll be doing this cruise. You'll have the experiences of a lifetime and of course bragging rights with your friends and family! Get details for these ports of call and available shore excursions at the Shore Excursions.



DAILY PLANNER

今日活动

DAY 1

FRIDAY, OCTOBER 13, 2017

Quantum of the SeasSM

Go paperless and plan your day. Download ROYAL iQ to start!

DINING GUIDE

LUNCH

Noon - 2:00 pm	Solarium Bistro	Deck 14
Noon - 3:00 pm	Windjammer Marketplace	Deck 14
Noon - 3:30 pm	The Café @Two70	Deck 5
12:30 pm - 2:30 pm	Kung Fu Panda Noodle Shop (\$)	Deck 14
12:30 pm - 2:30 pm	Coastal Kitchen (Gold Cards only)	Deck 14

DINNER

5:00 pm - 8:30 pm	Windjammer Marketplace	Deck 14
5:30 pm	American Icon and Silk (Doors close at 6:00 pm)	Deck 4
5:30 pm	The Grande and Chic (Doors close at 6:00 pm)	Deck 3
5:30 pm - 9:00 pm	Coastal Kitchen (Gold Cards only)	Deck 14
8:00 pm	The Grande and Chic (Doors close at 8:30 pm)	Deck 3
8:00 pm	American Icon and Silk (Doors close at 8:30 pm)	Deck 4

SPECIALTY (Please allow 2 hours for dining)

11:30 am - 1:00 am	Michael's Genuine Pub (\$)	Deck 4
noon - 10:00 pm	La Patisserie (\$)	Deck 4
5:00 pm - 1:00 am	Kung Fu Panda Noodle Shop (\$)	Deck 14
5:30 pm - 9:30 pm	Vintages - Jamie's Italian Tapas (\$)	Deck 5
5:30 pm - 9:30 pm	Hot Pot at Solarium Bistro (\$)	Deck 14
5:30 pm - 9:30 pm	Dadong Wonderland (\$)	Deck 5
5:30 pm - 9:30 pm	Chops Grille (\$)	Deck 5
5:30 pm - 9:30 pm	Jamie's Italian (\$)	Deck 5
5:30 pm - 9:30 pm	Izumi Japanese Cuisine (\$)	Deck 5
6:00 pm	Chef's Table (\$)	Deck 5

(Reservation recommended: Dial 7000 between 8:00am - 7:00pm)

Please also note that bare feet, short pants and tank tops are not permitted in the dining room.

(A \$10 cancellation fee will be charged for reservations cancelled within 24 hours of the reservation date and for no show guests and \$25 for Chef's Table.)

SNACKS

noon - 3:30 pm	SeaPlex Doghouse	Deck 15
noon - 3:00 am	Café Promenade	Deck 4
noon - 3:00 am	Sorrento's Pizzeria	Deck 4

ALL VENUES WILL BE CLOSED AT 3:45 PM AND WILL REOPEN FOLLOWING THE GUEST ASSEMBLY DRILL.

ALL DAY ACTIVITIES

24 hours	Shore Excursions Information - Channel 15, Stateroom Television
24 hours	Sudoku (Enter through Two70 [®]) The Library, Deck 6
24 hours	Welcome Aboard Intro Video - Channel 14

AFTERNOON SCHEDULE OF EVENTS

Noon - 10:00 pm	Meet your Personal Trainers and sign up for fitness classes, Vitality at Sea Fitness Center, Deck 16
Noon - 10:00 pm	Boarding Day Special: Buy two Signature treatments and receive one half price (today only!), Vitality at Sea Spa, Deck 15
Noon - 10:00 pm	Free Tours of Spa and VIP Sauna and Steam Areas, Vitality at Sea Spa, Deck 15
Noon - 11:00 pm	Table Tennis, SeaPlex [®] SeaPods, Deck 16
1:00 pm - 3:00 pm	Activity Waiver Sign up, SeaPlex [®] , Deck 15
1:00 pm - 3:00 pm	RipCord by iFly Flight Reservations \$29 per person (Limited availability), RipCord by iFLY, Deck 15
1:00 pm - 3:00 pm	North Star Reservations \$20/\$40 per person (Limited availability), SeaPlex [®] , Deck 15
1:00 pm - 3:00 pm	Mix it Up Flowrider Stand up / Boogie Board (Weather permitting), FlowRider [®] , Deck 15
1:00 pm - 10:00 pm	Guess the Weight of Nano Lopez, Boleros, Deck 4
1:30 pm - 3:00 pm	Bumper Cars - Minimum age 5 years old. The line will be closed 30 - 45 minutes before closing time. (\$), SeaPlex [®] , Deck 15
2:00 pm - 3:30 pm	Adventure Ocean and Nursery Program Open House & Registration, Adventure Ocean [®] , Deck 11, 12
2:00 pm - 3:30 pm	Teen Program Open House, The Living Room, Deck 14
3:00 pm	iFly Demonstration, RipCord by iFLY, Deck 15
3:45 pm	ALL ABOARD
4:15 pm	Guest Assembly Drill
5:00 pm	Grand Opening & Raffle - Win up to \$500 in Spa Prizes, Vitality at Sea Spa, Deck 15
5:00 pm - 7:00 pm	Activity Waiver Sign up, SeaPlex [®] , Deck 15
5:00 pm - 7:00 pm	Flying Trapeeze - limited availability, SeaPlex [®] , Deck 15
5:00 pm - 8:00 pm	RipCord by iFly Flight - \$29 per person, RipCord by iFLY, Deck 15
5:00 pm - 8:30 pm	North Star Ride (Reservations required) \$20 per person, North Star, Deck 15
5:15 pm	DreamWorks [®] Spectacular Live WOW Show! Featuring your DreamWorks [®] Family and the Royal Theatre Cast, Royal Esplanade, Deck 4
5:25 pm	Sailaway Dance Party with Your Cruise Director's Staff and Resident DJ Derek!, Royal Esplanade, Deck 4
5:45 pm - 6:45 pm	Complimentary Wellness Presentation: Relieving Back Pain with Good Feet, Vitality at Sea Fitness Center, Deck 16

EVENING SCHEDULE OF EVENTS

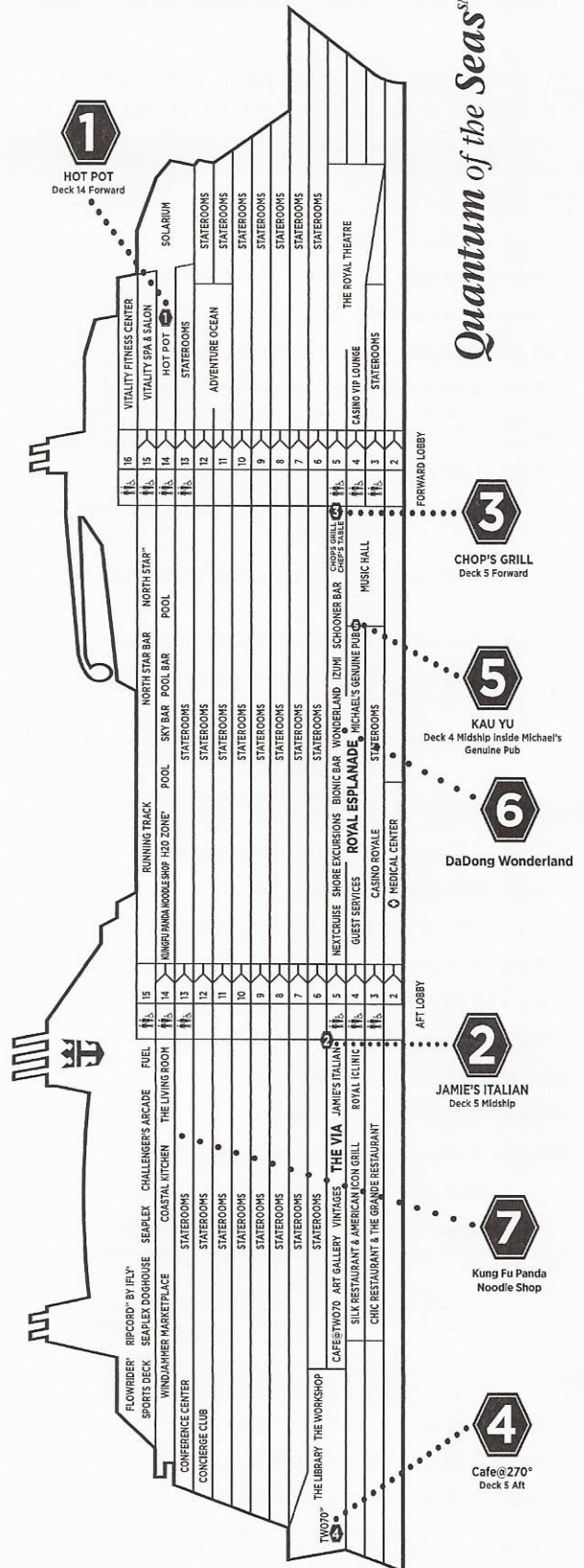
6:00 pm - 7:00 pm	Free Seminar: How to Look 10 Years Younger, Vitality at Sea Spa, Deck 15
6:00 pm - 10:00 pm	Grab Your Free Art Vacation Gift Pack, Art Gallery, Deck 5
6:30 pm - 10:30 pm	Swarovski Costume Jewelry Event: Buy 2 get 10% off ticketed price, Royal Esplanade, Deck 4
6:40 pm	DreamWorks [®] Appearance: Featuring Po from Kung Fu Panda, Royal Esplanade, Deck 4
6:45 pm - 8:45 pm	Welcome Aboard Karaoke (for Mandarin and Cantonese Speaking Guests), Music Hall, Deck 3, 4
7:00 pm	Welcome Aboard Trivia (in Mandarin), Schooner Bar, Deck 5

Entertainment & Shows Reservation Required Crown & Anchor Society Event DreamWorks Event/Activity Vitality Activity Fee Applies

Assistive listening system available - obtain receivers at Guest Services, Deck 4.

TOP 7 RESTAURANTS

Quantum of the SeasSM



- 7:00 pm Longines and Omega Event, Regalia Watches, Deck 4
- 7:00 pm - 8:00 pm Drop by the Japanese Drug Store on Deck 5 and ask about our best-selling products! , Shore Excursions, Deck 5
- 7:00 pm - 9:00 pm Exclusive Thermage Facial Consultations with our Medi-Spa Physician, Vitality at Sea Spa, Deck 15
- 7:00 pm - 9:00 pm Learn To Play - Complimentary Gaming Lessons, Casino Royale, Deck 3
- 7:00 pm - 10:00 pm Japanese Clinic boarding day special: Any reservation of blood test could enjoy 12% Off with 62 digit unionpay card, The Via, Deck 5
- 7:30 pm Exclusive art raffle. Join us tonight and win a bottle of champagne, a free work of art or other prizes from the ship, Art Gallery, Deck 5
- 7:30 pm Virtual Concert - Sante Fe & the Fat City Horns, Two70°, Deck 5
- 7:30 pm Welcome Aboard Trivia(in English), Schooner Bar, Deck 5
- 7:45 pm - 10:30 pm Beauty On Broadway Event , Impulse, Deck 4
- 7:50 pm DreamWorks® Appearance: Featuring King Julien, The Via, Deck 5
- 8:00 pm Teen Meet and Greet (Ages 12-17), The Living Room, Deck 14
- 8:00 pm - 9:00 pm Adventure Ocean Family Free Arcade , Challengers Arcade, Deck 15
- 8:00 pm - 9:30 pm Adventure Ocean Program Registration, Adventure Ocean®, Deck 11
- 8:15 pm - 9:15 pm Welcome Aboard Karaoke(for English-speaking and International Guests), Boleros, Deck 4
- 8:30 pm - 9:00 pm Free Inch-Loss Consultation, Vitality at Sea Spa, Deck 15
- 8:30 pm - 9:30 pm Complimentary Wellness Presentation: Relieving Back Pain with Good Feet, Vitality at Sea Fitness Center, Deck 16
- 9:00 pm Production Show - Sequins & Feathers, Royal Theatre, Deck 4, 5
- 9:00 pm Movie: The Mummy, Two70°, Deck 5
- 9:00 pm Beginner Line Dance Class, Music Hall, Deck 3, 4
- 9:30 pm - 10:00 pm Pre-Party Music with Resident DJ Derek, Music Hall, Deck 3, 4
- 10:00 pm Free Slots Lesson, Casino Royale, Deck 3
- 10:00 pm Welcome Aboard Dance Party with Your Cruise Director's Staff and Resident DJ Derek!, Music Hall, Deck 3, 4
- 10:45 pm - late Night Club with Your Resident DJ Derek!, Music Hall, Deck 3, 4
- midnight (\$)Paradise Lotto Draw, Casino Royale, Deck 3
- late TIME CHANGE!!! TIME CHANGE!!! Before retiring or at 2:00 am, please turn all clocks and watches forward ONE HOUR!, Guest Services, Deck 4

MUSIC & DANCING

Piano Melodies with David

6:00 pm - 7:00 pm
Schooner Bar, Deck 5

Live Music with Luna Oceans Quartet

7:30 pm - 8:15 pm
Boleros, Deck 4

Piano Melodies with David

8:00 pm - 9:00 pm
Schooner Bar, Deck 5

Live Music with Luna Oceans Quartet

9:30 pm - late
Boleros, Deck 4

Easy Listening Music with Tea 4 Two Duo

9:30 pm - late
Schooner Bar, Deck 5

* Musicians will take breaks during sets

For the safety and well-being of all persons onboard, some members of our Security Team will be wearing Body Cameras as part of their uniform.



ENTERTAINMENT & ACTIVITIES SPOTLIGHT Assistive listening system available - obtain receivers at Guest Services, Deck 4.

PRODUCTION SHOW - SEQUINS & FEATHERS Sequins & Feathers is a journey from the Classic to Modern Day Showgirl. With all its Glitz and Glamour, the show will take you on a scintillating ride with stunning choreography to breathtaking costumes. Audiences will be intrigued by the dynamics of beauty, music and textures; escalating to a Grand Finale! Sequins & Feathers will bring together the finest of LA, New York, Paris and Las Vegas with world class choreography and the finest performers from across the world. A Classy Show with just a touch of naughty, this show will keep you engaged the moment you enter the theatre! Royal Theatre, Deck 4, 5.

VIRTUAL CONCERT - SANTE FE & THE FAT CITY HORNS Watch this legendary band perform in the most unique way ever, on the Vistarama and six Robo Screens. Sante Fe & the Fat City Horns have performed around the world and are one of the top headliner acts in Las Vegas. Don't miss Virtual Concert tonight, Two70, Deck 5

QUANTUM WELCOME ABOARD PARTY What will you choose to wow your audience with? A love ballad, or a popular song we all know by heart? Come and join the fun!

SEAPLEX The largest indoor active space at sea is also the most revolutionary. There's never been a venue like SeaPlexSM before: circus school and full-size basketball court by day, first-ever roller rink and bumper cars at sea by night. Not to mention delicious bites provided by the first food truck to ever set sail and music from a floating DJ booth suspended overhead. This is going to change the way you play. Located on Decks 15 and 16, Aft.

KARAOKE HAPPY TIME Awake your inner rock or pop star as you step up to the mic at karaoke. Don't forget to bring a camera with you.

RIPCORD BY IFLY Experience the exhilaration of skydiving without ever leaving the deck courtesy of RipCord by iFLY®. For the first time ever, feel what it's like to fly, as you float on air within the safe confines of this groundbreaking simulator. It's a whole new thrill for thrill seekers of all kinds. Please arrive 15 minutes prior to your reserved time (cancellations cannot be refunded). Located on Deck 16, aft.

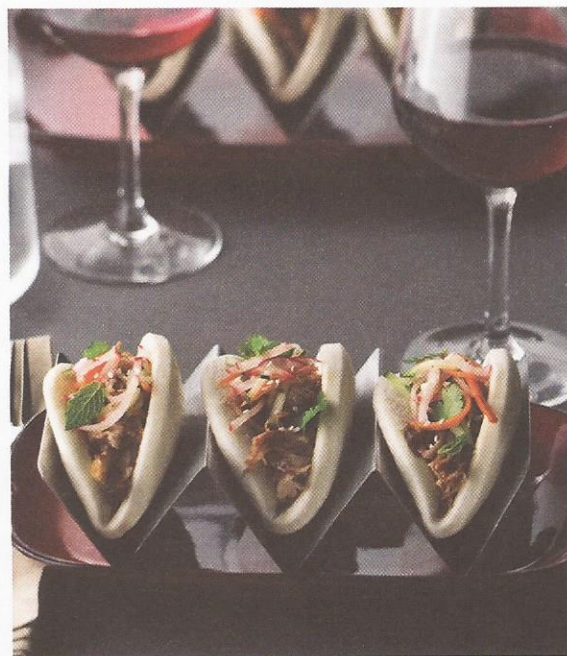
ON THE MENU

DINING PACKAGE You can experience several unique specialty restaurants and enjoy great savings when you purchase one of our Specialty Dining Packages for your cruise vacation. Enjoy 3 or 4 Restaurants at a discounted price. The more you dine, the more you save!

EVIAN WATER PACKAGE Stay Hydrated with Evian, Hydration is key when having fun aboard your royal Caribbean vacation. Visit any bar or ask your server to purchase Evian package

BEVERAGE PACKAGE Royal Caribbean International® offers convenient, all-inclusive beverage packages to keep you refreshed throughout your voyage. Pay just one flat price and enjoy a wide selection of beers, wines and spirits, plus non-alcoholic beverages, for the duration of your cruise. It's the ultimate in convenience and value. Cheers!

ILLY AT SEA It's surprising how different brewing methods can enhance particular characteristics in a cup of your favorite latte, frappuccino or dark roast coffee. Let us help you unlock the full potential of your coffee - for the perfect cup every time. Enjoy the favorite moments of your morning or afternoon routine from home. Located in La Patisserie, Deck 4, midship.



未来航程

THE GIFT THAT KEEPS ON GIVING Are you celebrating a special occasion or know someone who is? Treat yourself or surprise a loved one with a cruise gift certificate and you will receive \$200 Instant Onboard Credit to spend now! You can use your Instant Onboard Credit towards purchases made onboard your current sailing and once you select the ship and sailing date a 10% discount will be applied to the cruise fare. See your NextCruise Sales Team on Deck 5 and pick your Royal Caribbean gift certificate today!

i OPEN HOURS

THE FOLLOWING SERVICES AND VENUES ARE OPEN 24 HOURS:

Challenger's Video Arcade, Deck 15	Royal Caribbean Online SM , Library, Deck 6 (enter through two70, Deck 5)
Emergency Only (Medical/Fire/Man Over Board), Dial 911	Royal iQ Stations: Dining Corridors, Decks 3, 4;
Guest Services, Dial 0, Deck 4	Shore Excursion Kiosks, Deck 5
Library, Deck 6 (enter on Deck 5)	Selected Hot Tubs, Deck 14
Operator, Dial 0	
Photo Kiosk, Deck 5	

Art Gallery	6:00 pm - 10:00 pm	Deck 5
Casino Royale	Will be announced	Deck 3
Focus Photo Gallery	6:30 pm - 10:30 pm	Deck 5
Internet Assistance	noon - 4:00 pm / 5:00 pm - 9:00 pm	Deck 4
Japanese Clinic (Dial 55475)	noon - 10:00 pm	Deck 5
Japanese Pharmacy (Dial 55477)	6:00 pm - 10:00 pm	Deck 5
Medical Facility (Dial 51)	4:00 pm - 7:00 pm	Deck 2
NextCruise Office	noon - 8:00 pm	Deck 5
Picture This Private Photo Studio (Dial 55470)	5:00 pm - 10:30 pm	Deck 5
Royal Shops	6:15 pm - 11:00 pm	Deck 4
SeaPlex	noon - 11:00 pm	Deck 15
Shopping Ambassador Fangfang (Dial 55466)	6:15 pm - 11:00 pm	Deck 4
Shore Excursions Desk	1:00 pm - 9:00 pm	Deck 5
Vitality Fitness Center	8:00 am - 1:00 am	Deck 16
Vitality Spa (Dial 4600)	8:00 am - 11:00 pm / 3:00 pm - 7:00 pm	Deck 15

Sports Information, Rules & Regulations

Please bring your SeaPassSM to all activities. Parents must be present to sign a waiver for children under the age of 18 and must stay to supervise children under the age of 13 years. For rules and restrictions and sign up requirements, please see staff at the appropriate venue.

North Star - Weather permitting. Reservations are required to participate in the North Star. This can be completed on your Royal iQ app on your personal device or on any Royal iQ station based around the ship. Spaces are limited. Please follow the instructions of the Gondola Operator. Parents must stay to supervise children under the age of 13 years. Children less than 42" may not ride and less than 48" must be accompanied by a supervising companion of at least 14 years of age. Maximum rider weight is 300 lbs. Guests with the following conditions are advised not to ride: Expectant Mothers, Persons with a history of back and/or neck problems or pain. Those susceptible to motion sickness, vertigo or claustrophobia and those under the influence of drugs or alcohol. Please come at the start time of your reservation to avoid missing your ride.

FlowRiderSM - Please remove all jewelry items. Minimum height requirement; Boogie Boarding is 52", Stand Up Surfing is 58". The line will be closed 30 minutes - 1 hour before closing time.

Rock Climbing Wall - Please bring socks, T-shirt and shorts/pants; clothing must be dry. Minimum age is 6 years. Sign ups will close 15-30 minutes before closing time.

RipCordSM by iFLYSM - Reservations are required to participate in the iFLY. This can be completed on your Royal iQ app on your personal device or on any Royal iQ station based around the ship. Space are limited. Please remove all loose articles: including cameras, watches, jewelry, purses, wallets, and glasses and ensure pockets are completely empty. Please tie back long hair and wear tennis shoes/sneakers or bring socks and clothing must be dry. Minimum age of 3 years old and guests under 6' tall have maximum weight of 230 lbs, guests over 6' tall have maximum weight of 250 lbs. Please come at the start time of your reservation to avoid missing your class.

For the safety and well-being of all persons onboard, some members of our Security Team will be wearing Body Cameras as part of their uniform.

Medical Facility Quantum of the Seas has a well equipped medical facility with two Doctors and four nurses in attendance. The medical facility is located on Deck 2 aft. Please use the aft stairways (by the restaurants). Guests are charged for services, and limited medications are available for a fee. Please refer to opening hours above for today's hours.

*** IN CASE OF AN EMERGENCY, CALL 911.**

Smoking Policy All indoor public spaces onboard Quantum of the Seas are smoke free with the exception of Casino Royale which has designated smoking and non-smoking areas. Additionally, smoking is not permitted in the staterooms or on stateroom balconies. Designated outdoor smoking areas are located on the starboard side Deck 5 aft and portside of Deck 14 and behind the big screen on the pool deck. Electronic cigarettes or e-cigarettes are only permitted within designated smoking areas.

PLAY SMART. SWIM SMART. STAY SAFE. Make a splash at the pool - but keep safety top of mind, too. Although lifeguards are on duty, adult supervision is still required for children 12 and under at all times on the pool deck. By keeping vigilant, you'll keep your loved ones - and your memories - safe and sound.

Royal Caribbean International commemorates Autism Awareness Month every April by promoting autism awareness and inclusion. As the very first Autism Friendly cruise line, our welcoming ships offer

memory-making vacations with sensory-friendly provisions and flexible programming for families living with autism, Down syndrome and other intellectual and developmental disabilities.

Safety Onboard. For the safety of all guests and crew, there is no running, playing or climbing on stairs and railings anywhere on the ship. Guests are cautioned to use available handrails throughout the ship, and to watch hands and fingers in doorways. Ladies should refrain from wearing high heels. Thank you for your cooperation.

Helpful Health Information Medical experts tell us that the best way to prevent colds, flu or gastrointestinal illnesses - such as a Norovirus that can be transferred easily through person-to-person contact - is to simply wash your hands thoroughly with soap and warm water after toilet breaks and again before eating anything. Symptoms of Noroviruses include an upset stomach, vomiting and diarrhea. According to the US Centers for Disease Control and Prevention, Noroviruses affect 23 million Americans on land each year. In fact, the only illness that is more prevalent is the common cold. Should you experience any gastrointestinal illness, please visit the ship's medical facility for a consultation and treatment if necessary.

Poolside Safety Splashing in the pool is fun but the pool deck can become slippery as a result. Please watch your step in this area.

Shanghai Ship Agent Ship's Agent Information - Shanghai Mr. Wu Xiaomin - Deputy Director, Shanghai Wusongkou International Cruise Terminal No.1 Bao Yang Road, Baoshan District, Shanghai 1; 中国港口国际邮轮代理中心 宝山区宝杨路1号, email: agency@penavico.sh.cn, Mobile: + 86-138 170 77477, Office Number: +86-21-63647688 ext. 2385.

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