



Monday, March 9, 2026 • Transiting the Panama Canal

Tonight's Attire: Casual

Scenic Cruising the Panama Canal

To help you make the most of your visit, the bow will be open beginning at 6:00am and can be found by following the signs on Deck 4, forward. Please ensure any loose articles are secure before you step outside. While outdoors, we recommend wearing sunscreen and drinking plenty of water.

5:30am The Bridge of the Americas

8:15am The Miraflores Locks

9:55am The Pedro Miguel Locks

10:55am The Centennial Bridge

1:45pm The Gatun Locks

4:35pm The Atlantic Bridge

All scenic cruising times are approximate and subject to change.

Today's Highlights

Scenic Cruising: The Panama Canal

6:30am

With commentary by Travel Guide Stephanie. Commentary can be heard on all outside decks, on your stateroom TV's bow camera channel and many of the public areas around the ship.

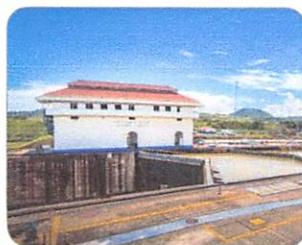


Great Panama Deck Sale

7:00am - 12:00pm

Lido Poolside, 9

Discover everything you need for your adventure at the Great Panama Deck Sale! Plus, collect a souvenir or two while you're there! It's all tax & duty free.

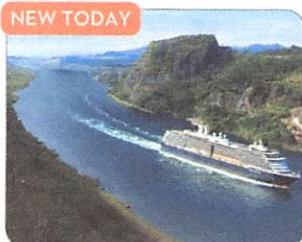


Swim Across the Panama Canal

11:00am

Sea View Poolside, 9

Brave the tropical waters of the Sea View Pool.



TODAY'S ACTIVITIES & PROMOTIONS

2:00am	All Aboard as Zuiderdam Departs Panama City	
5:30am	Zuiderdam Passes Bridge of the Americas	<i>Times Approximate</i>
6:00am	The Bow is Open for Scenic Cruising Follow the signs on Deck 4 forward to access the bow	<i>The Bow, 4</i>
6:00am	 Panama Rolls are Served until 9:00am	<i>Outside Decks Crow's Nest, 10</i>
6:00am	Zuiderdam Passes the Balboa District	<i>Times Approximate</i>
6:30am	Scenic Cruising: The Panama Canal with commentary by Travel Guide Stephanie	<i>Outside Decks Bow Camera Channel Crow's Nest, 10</i>
7:00am	Great Panama Deck Sale until 12:00pm PROMOTION	<i>Lido Poolside, 9</i>
7:30am	  Abs Class	<i>Fitness Center, 9</i>
8:00am	  Tour de Cycle \$20	<i>Fitness Center, 9</i>
8:15am	Zuiderdam Enters the Miraflores Locks	<i>Times Approximate</i>
9:25am	Zuiderdam Exits the Miraflores Locks	<i>Times Approximate</i>
9:30am	  Stretch & Release	<i>Fitness Center, 9</i>
9:55am	Zuiderdam Enters the Pedro Miguel Locks	<i>Times Approximate</i>
10:00am	Introduction to Iris Photography PROMOTION	<i>Photo Shop, 3</i>
10:00am	Party Bridge Play until 4:00pm	<i>Half Moon Room, 3</i>
10:45am	Zuiderdam Exits the Pedro Miguel Locks	<i>Times Approximate</i>
10:55am	Zuiderdam Passes the Centennial Bridge	<i>Times Approximate</i>
11:00am	  Swim Across the Panama Canal NEW TODAY Brave the tropical waters of the Sea View Pool	<i>Sea View Poolside, 9</i>
11:00am	Secrets to a Flatter Stomach PROMOTION	<i>Fitness Center, 9</i>
11:30am	Zuiderdam Enters the Culebra Cut	<i>Times Approximate</i>
11:45am	Zuiderdam Passes Gamboa	<i>Times Approximate</i>
12:00pm	Guess the Carat Weight of the Emerald	<i>Effy Jewelry, 3</i>
12:15pm	Zuiderdam Enters Gatun Lake	<i>Times Approximate</i>
1:00pm	Mahjong Players Meet until 4:00pm	<i>Game Room, 10</i>
1:00pm	Personalized Lipstick Blending PROMOTION	<i>The Shops, 3</i>
1:45pm	Zuiderdam Enters the Gatun Locks	<i>Times Approximate</i>
2:15pm	 Steel Pan Player Plays	<i>Lido Poolside, 9</i>
2:30pm	Secrets to Smooth & Shiny Hair PROMOTION	<i>Spa & Salon, 9</i>

3:00pm		Workshop: Learn to Give a Massage \$74	Spa & Salon, 9
3:15pm		Steel Pan Player Plays	Lido Poolside, 9
3:30pm		50% Off Happy Hour wine, beer and cocktails \$12 or less	Billboard Onboard, 2 & Ocean Bar, 3
4:00pm		Pain Management with Acupuncture PROMOTION	Spa & Salon, 9
4:00pm		Emeralds Seminar: The Jewel of Kings	Hudson Room, 3
4:00pm		\$610,000 Paradise Lotto Jackpot Drawing	Casino, 2
4:05pm		Zuiderdam Exits the Gatun Locks	<i>Times Approximate</i>
4:30pm		Friends of Bill W. Meet	Stuyvesant Room, 3
4:30pm		10 Minute Facelift with Dr. Andres M.D. PROMOTION	Spa & Salon, 9
4:35pm		Zuiderdam Passes the Atlantic Bridge	<i>Times Approximate</i>
5:00pm		Shopping Q&A with Kris	Port Shopping, 1
5:00pm		Essential Oils: Buy One Get One 50% Off PROMOTION	The Shops, 3
5:00pm		Mass is Celebrated	Hudson Room, 3
5:00pm		Pure Form Yoga \$20	Fitness Center, 9
5:00pm		A Pickup Game of Pickleball	Sport Court, 11
5:00pm		Have Your Casual Portrait Taken PROMOTION	Deck 2
6:00pm		Singles & Solo Travelers Meetup	Gallery Bar, 2
6:30pm		Footprint & Posture Analysis PROMOTION	Fitness Center, 9
7:00pm		Bulova Debut: 30% Off PROMOTION	The Shops, 3
7:00pm		Music Trivia: Love Songs	Billboard Onboard, 2
7:00pm		PRIDE Meetup	Gallery Bar, 2
7:00pm		Luck of the Emeralds PROMOTION	Effy Jewelry, 3
7:30pm		Tonight's Show: Pianist Brett Cave	World Stage, 1, 2 & 3
8:30pm		Game Night: Operation Imitation	Explorer's Lounge, 2
9:00pm		Young Adult Meetup	Gallery Bar, 2
9:00pm		Tonight's Show: Pianist Brett Cave	World Stage, 1, 2 & 3
10:30pm		\$610,000 Paradise Lotto Jackpot Drawing	Casino, 2
11:15pm		Dance to the Hits	Rolling Stone Lounge, 2
12:00am		Stay and Play Slots All Night	Casino, 2

TODAY ON WORLD STAGE *Decks 1, 2 & 3, forward*

7:30pm &
9:00pm



Pianist:
BRETT CAVE

"A MAN AND HIS PIANO"

Join this no-stop rollercoaster, & brace yourself for a wild ride with a lot of energy. Featuring the toe tapping hits from the world of Billy Joel, Elton John & more, Buckle up & strap in, because this singing piano show is not just a performance, it's exhausting!

LIVE MUSIC

RollingStone **LOUNGE**

90s
Nostalgia
8:15pm

Summer
of Love
9:15pm

Essential
R&B
10:15pm

billboard **onboard**

Covered
Classics
6:00pm

Hot
Country
8:00pm

All
Requests
9:00pm

OCEAN **BAR**

Contemporary Guitarist
4:00pm

Crow's Nest

Steel Pan Player
6:00pm

DINING & DRINK HIGHLIGHTS

Pinnacle Grill Lunch

12:00pm - 1:00pm

Pinnacle Grill, 2

Treat yourself to a luxurious lunch today.

Dial 88 for reservations. 💰

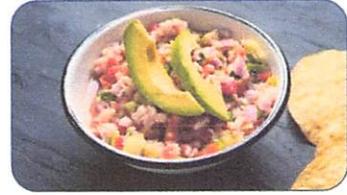


Panamanian Themed Dinner

5:30pm - 8:00pm

Lido Market, 9

Join us for a special dinner that celebrates the flavors of Panama.



TONIGHT IN THE DINING ROOM

Kingston Fried Chicken

creole sauce, mac & cheese, Island slaw

HOURS

Restaurants

Dining Room

Cruising Classics

7:30am - 9:00am

12:00pm - 1:00pm

5:00pm - 9:00pm

Decks 2 & 3, aft

Canaletto 💰

Fresh Italian Pasta

5:00pm - 9:30pm

Deck 9, mid-ship

Pinnacle Grill 💰

Regional Fresh Fish,

Steak & Seafood

12:00pm - 1:00pm

5:00pm - 9:30pm

Deck 2, mid-ship

Dive-In

Burgers & Hot Dogs

11:30am - 6:00pm

Deck 9, mid-ship

Lido Market

Casual Dining

6:00am - 10:00am

11:30am - 2:00pm

2:00pm - 4:00pm*

5:30pm - 8:00pm

10:30pm - 11:30pm*

Deck 9, mid-ship & aft

💰 cover charges apply * select stations available

HOURS

Cafés & Bars *A full list of bar hours is available on Navigator*

Billboard Onboard	3:00pm - close	Deck 2, forward
Crow's Nest Café	6:00am - 10:00pm	Deck 10, forward
Gallery Bar	9:00am - close	Deck 2, forward
Lido Bar	7:00am - 10:00pm	Deck 9, mid-ship
Ocean Bar	10:00am - 11:30pm	Deck 3, mid-ship
Pinnacle Bar	7:00am - 10:00pm	Deck 2, mid-ship
Sea View Bar	9:00am - 11:30pm	Deck 9, aft

50% Off Happy Hour: wine, beer and cocktails \$12 or less
3:30pm - 4:30pm, Billboard Onboard, 2 & Ocean Bar, 3

Guests ages 21+ are welcome to purchase and consume alcoholic beverages.
Proper identification is required, and guests will be asked to verify their age.

Recreation

Casino	9:00am - late Cashier 10:00am - late Tables 24 hours - Slots	Deck 2, forward
Fitness Center	6:00am - 9:00pm	Deck 9, forward
Hot Tubs	8:00am - 10:00pm	Deck 9
Pools	7:00am - 10:00pm	Deck 9
Spa & Salon	8:00am - 9:00pm	Deck 9, forward

Services

Dining Reservations	24 hours - Dial 88	
Guest Services	24 hours - Dial 90	Deck 1, mid-ship
Future Cruises	8:00am - 11:00am 3:00pm - 5:00pm	Deck 1, mid-ship
Medical Center	9:00am - 12:00pm 3:00pm - 6:00pm By appointment-Dial 32000 Dial 911 for emergencies	A Deck, forward
Room Service	24 hours - Dial 92	
Shore Excursions	10:00am - 12:00pm 4:00pm - 6:00pm	Deck 10, forward

Shopping

Port Shopping	5:00pm - 6:00pm	Deck 1, mid-ship
The Shops	9:00am - 11:00pm	Decks 2 & 3, mid-ship
EFFY Jewelry	9:00am - 11:00pm	Deck 3, mid-ship
Photo Shop	9:00am - 10:00pm	Deck 3, aft