



Sign up for important updates from Coach Schramme.

Get information for **R&R Aquatics** right on your phone—not on handouts.

Pick a way to receive messages for **R&R Aquatics**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/rraswim

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

The image shows a smartphone screen displaying a web browser with the URL rmd.at/rraswim. The page title is "Join R&R Aquatics". Below the title, there are two input fields: "Full Name" with a placeholder "First and Last Name", and "Phone Number or Email Address" with a placeholder "(555) 555-5555".

B If you don't have a smartphone, get text notifications.

Text the message [@rraswim](https://www.remind.com/help/faq/faq-what-is-rraswim) to the number **81010**.

If you're having trouble with **81010**, try texting [@rraswim](https://www.remind.com/help/faq/faq-what-is-rraswim) to **(469) 502-7995**.

** Standard text message rates apply.*

The image shows a smartphone screen displaying a text message interface. The "To" field contains the number **81010**. The "Message" field contains the text [@rraswim](https://www.remind.com/help/faq/faq-what-is-rraswim).

Don't have a mobile phone? Go to rmd.at/rraswim on a desktop computer to sign up for email notifications.