



# Sign up for important updates from Goldy.

Get information for **Swim Team** right on your phone—not on handouts.

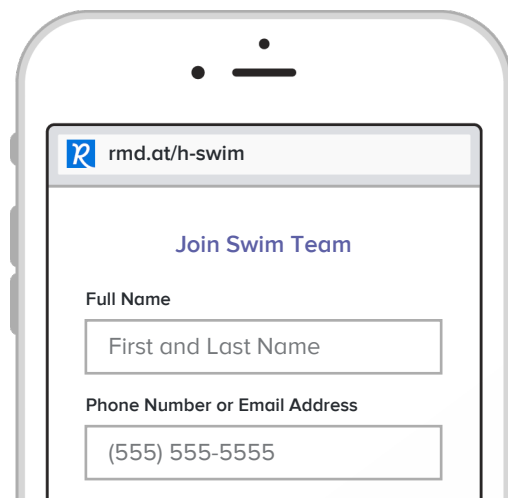
Pick a way to receive messages for **Swim Team**:

**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/h-swim](https://rmd.at/h-swim)

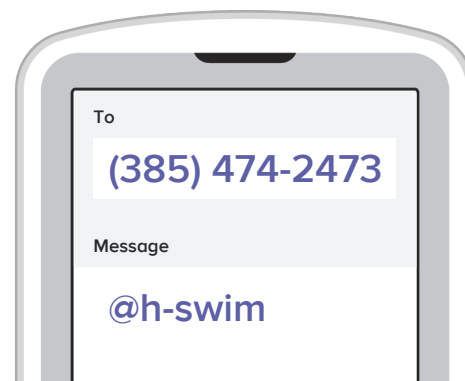
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@h-swim](#) to the number [\(385\) 474-2473](#).

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/h-swim](https://rmd.at/h-swim) on a desktop computer to sign up for email notifications.