



Sign up for important updates from Goldy.

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

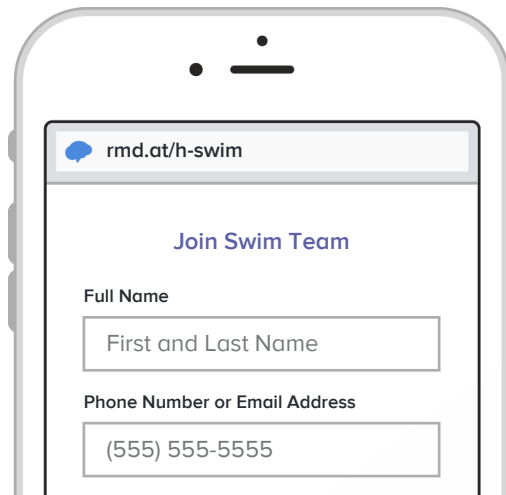
Pick a way to receive messages for **Swim Team**:

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

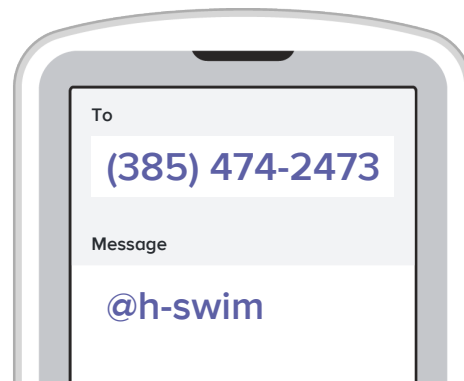
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@h-swim](https://t.me/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 on a desktop computer to sign up for email notifications.