



Sign up for important updates from Mrs. Wilson.

Get information for LCHS_Swim17 right on your phone—not on handouts.

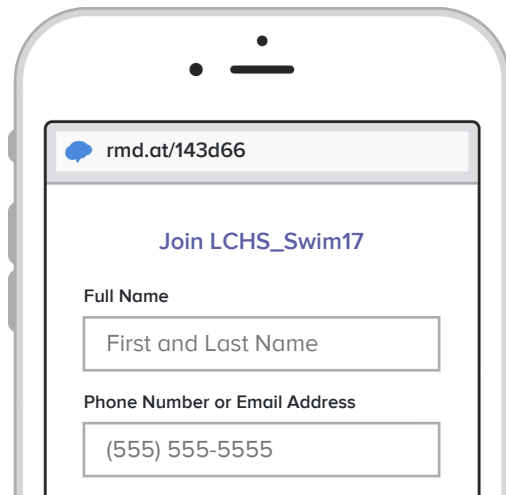
Pick a way to receive messages for LCHS_Swim17:

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/143d66

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 @143d66 to the number 81010.

If you're having trouble with 81010, try texting @143d66 to (208) 944-2477.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/143d66 on a desktop computer to sign up for email notifications.