



Sign up for important updates from Rachel Carloni.

Get information for **Aerobic Center Swim Lessons** right on your phone—not on handouts.

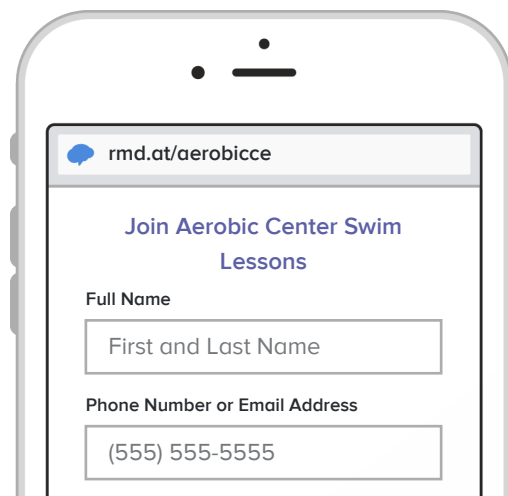
Pick a way to receive messages for **Aerobic Center Swim Lessons**:

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/aerobicce

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 [@aerobicce](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@aerobicce](#) to **(251) 545-3867**.

** Standard text message rates apply.*



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