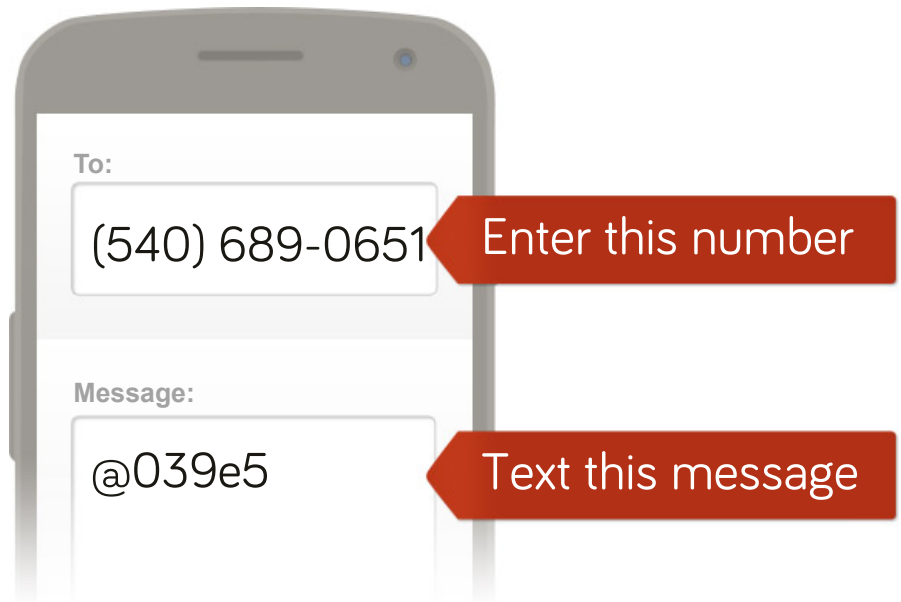


# How to sign up for Coach Amy Brehl's CHS Swim & Dive messages:

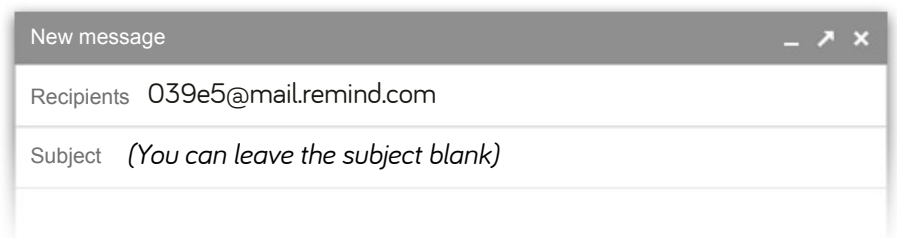


To receive messages via text, text **@039e5** to **(540) 689-0651**. You can opt-out of messages at anytime by replying, 'unsubscribe @039e5'.



\*Standard text message rates apply.

Or to receive messages via email, send an email to **039e5@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



## WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a one-way text messaging and email system. With Remind, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

Visit [remind.com](https://remind.com) to learn more.