There are two modes worth knowing about:
VFO: (no MR icon) press aV
Memory: (little MR icon) press C
You want to be in memory mode to switch between saved frequencies

Set Frequency
Push aV; enter 6-digit frequency;

Set Offset
Push DUP
(Enough times to choose -- or +)

Set PL (subaudible tone)
Push CT to activate subaudible tone;
A T appears

Press aV for 1 second.
Push ◄ until RP appears
Push ▼ or ▲ to select offset frequency
Press aV to set offset frequency

Set Memory (#)
Push bM; [MR] blinks
Push ▼ or ▲ to choose memory channel
Push AND HOLD bM for 1 sec

Press aV to toggle/restore MR icon
Pushing ▼ or ▲ cycles between saved frequencies