



Dynamic Gymnastics
3441 Carlin Springs Rd.
Falls Church, VA 22401
www.griffingymnastics.com

March 3, 2026

Dear Members of the Arlington County Board,

We are writing to urge you to reconsider the budget proposal that would cut the gymnastics programs at Barcroft. As a gymnastics facility, we witness firsthand the massive demand for the sport of gymnastics from children and families. We understand how much the community relies on these programs, and the numerous benefits the sport offers children. Given the lack of gymnastics facilities in the surrounding areas, cutting this program would be completely devastating for the community and every single child involved.

Dynamic Gymnastics was established in 2013 to address the high demand for gymnastics in the Arlington and Alexandria area. We continue to meet parents in Arlington County that come to Dynamic because the classes at Barcroft are full. This demand for gymnastics continues to exceed all available resources we currently have to offer. Our recreational class facility is less than 10,000 square feet and has nearly 1,500 enrolled students. We offer 120 classes that are at full capacity, with waitlists of up to 50 children per class and wait times ranging from six months to over a year.

In addition to our recreational classes, we host thriving competitive team programs for boys and girls, and rent our space to a local cheer team. We have limited training space and limited equipment for athletes to practice safely. Gymnastics teams are the flagship of each program, and the teams that compete for Arlington host competitions at Barcroft that benefit the community. Dynamic does not have the space to host competitions, and we simply do not have the capacity to absorb even a fraction of the gymnasts currently participating in the Arlington County program.

Unlike many other sports, gymnastics is not readily accessible to children who want to participate in the sport. The sport requires a large amount of specialized equipment and significant square footage, making it difficult and expensive to establish new facilities in a metropolitan area. Closing an established gymnastics program with state-of-the-art equipment would be a profound loss to the entire gymnastics community. This decision will displace more than 1,000 gymnasts who will have very limited options, if any, to continue the sport they love.

We strongly urge you to contemplate this information and the impact this decision will have on the community. We hope you will choose to keep this essential gymnastics program for the current and future children who are passionate about the sport.

Thank you for your consideration. Dynamic Gymnastics will be happy to support the Arlington County Gymnastics Program in any way we can!

Sincerely,

A handwritten signature in black ink that reads "Katie Fried". The signature is written in a cursive style.

Katie Fried
Owner of Dynamic Gymnastics
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