

CHILD SIZING:

Get The Perfect Fit



Girth is the most important measurement when determining size! To measure girth, place a tape measure at the top of the shoulder where a leotard strap sits, then down through the crotch and back to the same shoulder. Measuring tape should be close to the body but not tight.

For a detailed demonstration, visit our [Sizing page](#) and watch **How to Measure Girth**.

This is a guide to help determine correct sizing. See product detail page for available sizes.

*Long sizes apply to select styles.

Inches
 Centimeters

Child
 Adult

GIRLS SIZE CHART											
	T (2T/3T)	XXSC (3T/4T)	XSC (4/5)	SC (6/6x)	IC (7/8)	*LONG ICL	MC (10/12)	*LONG MCL	LC (14)	XLC (16/18)	XXLC (20)
BUST	20 - 21	21 - 22	22 - 24	24 - 26	26 - 28	26 - 28	28 - 31	28 - 31	31 - 33	33 - 37	37 - 39
WAIST	20 - 21	21 - 22	22 - 23	23 - 24	24 - 25	24 - 25	25 - 27.5	25 - 27.5	27.5 - 29.5	29.5 - 33	33 - 35
HIPS	20.5 - 21.5	21.5 - 22.5	22.5 - 25	25 - 27	27 - 30	27 - 30	30 - 33.5	30 - 33.5	33.5 - 35.5	35.5 - 39	39 - 41
GIRTH	33 - 35	35 - 37	37 - 41	41 - 44	44 - 47	47 - 52	47 - 52	52 - 54.5	52 - 54.5	54.5 - 57	57 - 58.5
INSEAM	13 - 14.5	14.5 - 16	16 - 19.5	19.5 - 22.5	22.5 - 25	25 - 28	25 - 28	28 - 29.5	28 - 29.5	29.5 - 30.5	29.5 - 30.5

ADULT SIZING:

Get The Perfect Fit



Girth is the most important measurement when determining size! To measure girth, place a tape measure at the top of the shoulder where a leotard strap sits, then down through the crotch and back to the same shoulder. Measuring tape should be close to the body but not tight.

For a detailed demonstration, visit our [Sizing page](#) and watch **How to Measure Girth**.

This is a guide to help determine correct sizing. See product detail page for available sizes.

*Long sizes apply to select styles.

Inches
 Centimeters

Child
 Adult

WOMENS SIZE CHART									
	XSA/PA (0/2)	*LONG XSAL	SA (4/6)	*LONG SAL	MA (8/10)	LA (12/14)	XLA (16/18)	XXLA (20)	XXXLA (22/24)
BUST	32 - 34	32 - 34	34 - 36	34 - 36	36 - 39	39 - 42	42 - 45	45 - 48	48 - 52
WAIST	24 - 26	24 - 26	26 - 28	26 - 28	28 - 31	31 - 34	34 - 38	38 - 43	43 - 47.5
HIPS	33 - 35	33 - 35	35 - 37	35 - 37	37 - 40	40 - 44	44 - 48	48 - 52	52 - 56
GIRTH	55.5 - 57.5	57.5 - 60	57.5 - 60	60 - 62	60 - 62	62 - 63	63 - 65	65 - 68	68 - 71
INSEAM	29 - 33	32 - 35	29 - 33	32 - 35	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33

