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.**

INCHES | CENTIMETERS

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

Child Sizing

Child		XX-Small XXSC (3T)	X-Small XSC (4/5)	Small SC (6/6X)	Intermediate IC (7/8)	Medium MC (10/12)	Large LC (14)	X-Large XLC (16/18)	XX-Large XXLC (20)
Combo Sizing			XSC/SC			MC/LC			
Girth	in	32 - 36	36 - 40	40 - 44	44 - 47	47 - 51	51 - 54	54 - 57	57 - 60
Chest	in	20 - 22	22 - 24	24 - 26	26 - 28	28 - 31	31 - 33	33 - 36	36 - 40
Waist	in	19 - 22	22 - 23	23 - 24	24 - 25	25 - 27	27 - 29	29 - 32	32 - 35
Hips	in	20 - 23	23 - 25	25 - 27	27 - 29	29 - 32	32 - 36	36 - 39	39 - 41
Inseam	in	15 - 17	17 - 19	19 - 22	22 - 25	25 - 28	28 - 30	28 - 31	28 - 31

Adult Sizing

Adult		X-Small XSA/PA (0/2)	Small SA (2/4/6)	Medium MA (8/10)	Large LA (12/14)	X-Large XLA (16/18)	XX-Large XXLA (20)
Combo Sizing			SA/MA		LA/XL		
Girth	in	54 - 57	57 - 60	60 - 63	63 - 66	66 - 69	69 - 72
Bust	in	31 - 33	33 - 36	36 - 38	38 - 41	41 - 45	45 - 50
Waist	in	22 - 25	25 - 28	28 - 30	30 - 33	33 - 37	37 - 41
Hips	in	32 - 34	34 - 37	37 - 40	40 - 43	43 - 47	47 - 51
Inseam	in	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33