

Get The Perfect Fit



Girth is the most important measurement when determining size on one piece garments. 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

CHILD ADULT

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

GIRLS SIZE CHART

	T (2T/3T)	XXSC (3T/4T)	XSC (4/5)	SC (6/6X)	IC (7/8)	LONG	MC (10/12)	LONG	LC (14)	XLC (16/18)	XXLC (20)
						ICL (7/8)		MCL (10/12)			
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

CLOSE

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WOMENS SIZE CHART

Table with 10 columns (measurements) and 10 rows (size categories). Rows include BUST, WAIST, HIPS, GIRTH, INSEAM and size categories like XSA/PA (0/2), XSAL (0/2), SA (4/6), SAL (4/6), MA (8/10), LA (12/14), XLA (16/18), XXLA (20), XXXLA (22/24).

CLOSE