

SIZE GUIDE

HOW TO MEASURE:

Bust: Measure around the fullest part of the chest. Ensure the arms are relaxed.

Waist: Measure around the narrowest part of the waist. Ensure breath is relaxed.

Hips: Placing the feet together, measure around the fullest part of the hips.

Girth: Holding one end of the tape at the centre of the shoulder, loop the tape down the front of the body, between the legs, up the back and to the same point on the shoulder.

For accuracy, ensure tape is level to the ground when taking bust, waist and hip measurement.



CHILD SIZING GUIDE

	TODDLER	CHILD X-SMALL	CHILD SMALL	CHILD MEDIUM	CHILD LARGE	CHILD X-LARGE	CHILD XX-LARGE*	CHILD XXX-LARGE*
AGE (YEARS)	2-3	3-4	5-6	7-8	9-10	11-12	12-13	13-14
BUST (CM)	51-54	54-59	59-64	64-69	69-74	74-81	80-91	87-98
WAIST (CM)	46-50	50-54	54-58	58-62	62-66	66-70	70-75	75-80
HIPS (CM)	49-54	54-59	59-64	64-69	69-74	74-83	78-87	82-91
GIRTH (CM)	82-96	91-105	100-114	109-123	118-132	127-142	136-150	145-159

* Child XX-Large and XXX-Large only available in certain styles. Substitute for Adult Small and Adult Medium if required.

ADULT SIZING GUIDE

	ADULT SMALL	ADULT MEDIUM	ADULT LARGE	ADULT X-LARGE	ADULT XX-LARGE	ADULT XXX-LARGE
DRESS SIZE (AUS)	8-10	10-12	12-14	14-16	16-18	18-20
BUST (CM)	83-94	91-102	99-110	107-118	115-126	123-134
WAIST (CM)	70-75	75-80	80-85	85-90	90-95	95-100
HIPS (CM)	84-94	89-98	93-102	97-106	101-110	105-114
GIRTH (CM)	143-154	151-162	157-168	163-174	169-180	175-186

CONVERTIBLE BODY STOCKING SIZING GUIDE

CHILD			ADULT	
XS/S	M/L	CHILD XL /ADULT XS	S/M	L/XL
3-6 YRS	7-10 YRS	8-12 YRS	11-14 YRS	12-16 YRS

PLEASE NOTE

These measurements are a guideline only, therefore we cannot guarantee a perfect fit for every body shape. Some fabrics have less stretch than others. This has been taken into consideration when creating our patterns, however, it may be beneficial to purchase a sizing set before finalising large orders.

UACTIV SIZING GUIDE

Size	Chest/Bust	Waist	Hip	Girth
Child 8	64 - 68	55 - 59	69 - 74	115 - 120
Child 10	68 - 72	59 - 63	75 - 80	123 - 128
Child 12	73 - 77	63 - 67	81 - 86	130 - 135
Adult 8	78 - 83	67 - 71	86 - 91	137 - 142
Adult 10	84 - 90	71 - 75	92 - 97	144 - 149
Adult 12	91 - 97	75 - 79	98 - 103	150 - 155
Adult 14	98 - 103	79 - 83	104 - 109	157 - 162

SEAMLESS DANCE BRIEF SIZING GUIDE

CHILD				ADULT		
XS/S	S/M	M/L	L/XL	S/M	M/L	L/XL
3-5 YRS	5-7 YRS	7-9 YRS	8-10 YRS	9-11 YRS	10-12 YRS	14+ YRS

PERFORMANCE BRA SIZING GUIDE

Cross reference via column and row with usual bra size to find dancer's correct cup size in the BRA02. Back straps are then adjusted to desired length for optimal fit.

Usual bra size	a	b	c	d	dd	e
10		A	B	C	D	D
12	A	B	C	D	E	E
14	B	C	D	E	E	
16	C	D	E	E		

CONVERTIBLE DANCE BRA SIZING GUIDE

CHILD		ADULT	
M/L	L/XL	S/M	L/XL
7-9 YRS	8-12 YRS	10-14 YRS	12+ YRS

TIGHTS SIZING GUIDE

CHILD					ADULT			
XS	S	M	L	XL	S	M	L	XL
3-5 YRS	5-7 YRS	7-9 YRS	9-11 YRS	11-13 YRS	UP TO 162CM	UP TO 168CM	UP TO 174CM	UP TO 180CM

DANCE SOCK SIZING GUIDE

SOCK SIZE	SHOE SIZE
X-SMALL	6-8
SMALL	9-12
MEDIUM	13-3
LARGE	4-7
X-LARGE	8-11

SPATS SIZING GUIDE

SPAT SIZE	SHOE SIZE
SMALL	10-1
MEDIUM	2-5
LARGE	6-9
X-LARGE	9+

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