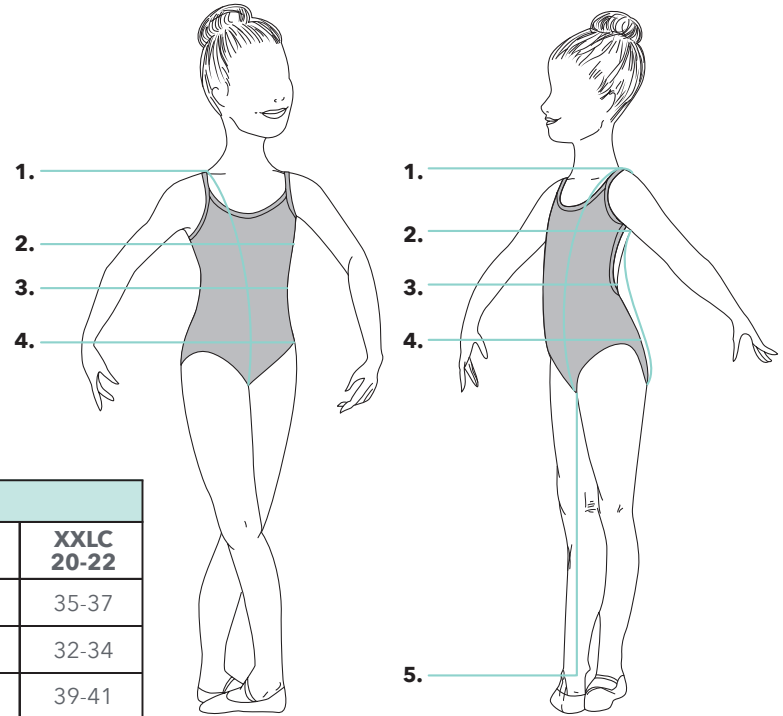


CHART A

'How To' Measuring Guide

- 1. GIRTH** Measure from the center of one shoulder, down the front of the torso, through the crotch and up the back to the starting point.
- 2. BUST** Make sure the dancers arms are in a relaxed demi port de bras (as shown in picture), continue to measure around the fullest part of the chest, keeping the tape measure parallel to the floor.
- 3. WAIST** Measure around the natural waistline, the narrowest part of the upper body (never measure over shirt or pants)
- 4. HIPS** Measure around the fullest part of the lower body, keeping tape straight and parallel to the floor.
- 5. INSEAM** Measure the inside of the leg from the crotch down to the ankle bone.

Costumes that are UNISEX sizes are sized according to women's measurements.



CHILDREN'S CHART							
	XSC 2C-3C	SC 4C-6C	IC 6X-7	MC 8-10	LC 12-14	XLC 16-18	XXLC 20-22
BUST	20-21	22-24	25-26	27-29	30-32	33-35	35-37
WAIST	20-21	22-23	23.5-24	24.5-25	26-28	29-31	32-34
HIPS	21-22	23-25	26-27	28-31	32-34	36-38	39-41
GIRTH	34-37	38-42	43-45	46-49	50-54	55-58	56-59
INSEAM	14-18	19-21	22-24	25-27	28-30	28-30	28-30

ADULT CHART					
	SA 4-6	MA 8-10	LA 12-14	XLA 16-18	XXLA 20-22
BUST	34-35	36-38	39-41	42-44	45-47
WAIST	25-27	28-30	31-33	34-37	38-40
HIPS	35-37	38-40	41-43	44-46	47-49
GIRTH	58-59	60-61	62-63	64-66	67-69
INSEAM	30-32	30-32	30-32	32-34	32-34

GUYS' CHART									
	XSC	SC	MC	LC	XLC	SA	MA	LA	XLA
CHEST	21-23	24-26	27-30	31-33	33-34	34-37	38-41	42-45	46-48
WAIST	19-20	21-22	23-24	25-27	30-33	28-31	32-35	36-39	40-42
INSEAM	18.5	21.5	25.5	28	30	32	34	34	34

Sizing Tips

- Measure carefully.
- Hold tape measure loosely when measuring.
- Make sure students are wearing a leotard and tights, & standing up straight.
- Girth is the most important measurement when deciding on a size.
- Remember young children will continue to grow.