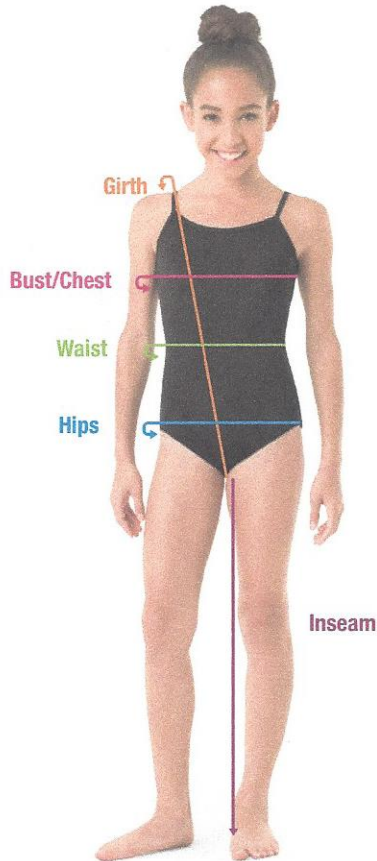


Get the Perfect Fit



Follow these simple tips when you're ready to take body measurements.

- Have your dancers wear undergarments or a lightweight leotard with a bra that gives the bust line its typical shape for most accurate measurements.
- Have your dancer stand straight with their weight evenly distributed.
- The measurement tape should be snug but not too tight on circumference measurements and stretched tight for vertical measurements.

** Allow for some growth.*

Getting the Measurements:

- **Bust/Chest** – Measure over the fullest part of your chest with your arms relaxed at your sides.
- **Waist** – Measure around where your waist naturally indents. Keep your finger between the tape and your belly.
- **Hips** – Measure around the fullest part of the hips and buttocks while standing with your heels together.
- **Girth** – Measure from the midpoint on the shoulder towards the front, through the crotch and back around to meet the midpoint of the shoulder.
- **Inseam** – Measure from the crotch to the bottom. The inseam length is the number of inches, to the nearest half-inch.