

EXPRESSIONS DANCE

Clothing

Energetiks Measurement Guide

Bust:

Measure around the fullest part of the bust

Waist:

Measure around the narrowest part of the waist

Hips:

Measure around the fullest part of the hips



Child's garment size guide

	Ch XXsml	Ch Xsml	Ch Sml	Ch Med	Ch Lge	Ch Xlge
Size (AUS)	2-3	4-5	6-7	8-9	10-11	12-13
Age (years)	3	5	7	9	11	13
Height (cm)	95	115	125	135	145	155
Chest (cm)	54	59	64	69	74	79
Waist (cm)	53	56	58	61	63	66
Hip (cm)	59	64	69	74	79	83

*Front-lined leotards please go up one size.

Women's garment size guide

	Ad Xsml	Ad Sml	Ad Med	Ad Lge	Ad Xlge	Ad XXlge
AUS/UK	8	10	12	14	16	18
US	2-4	4-6	6-8	8-10	10-12	12-14
Europe	36	38	40	42	44	46
Bust (cm)	83	88	93	98	103	108
Waist (cm)	65	70	75	80	85	90
Hip (cm)	93	98	103	108	113	118