

Dress Code Size Charts

Please use the following size charts to help you select the best fit for you or your dancer. The items relating to these size charts are available for purchase at Studio West Dance Academy in our studio store.

LEOTARDS

Baby Ballet and Discover Dance - Theatricals Girls Dance Dress

Most dancers in Baby Ballet wear an XS (equivalent to a 2-4) or S; most dancers in Discover Dance wear an S or L (equivalent to a 4-6), or maybe an M – the S and L sizes are almost interchangeable.

Child sizing	X-Small	Small	Intermediate	Medium	Large
Bust	19"-22"	21"-24"	23"-26"	25"-28"	27"-30"
Waist	19"-22"	21"-24"	22"-24"	22"-25"	24"-27"
Hip	21"-23"	23"-26"	25"-28"	27"-30"	29"-32"
Girth	37"-40"	41"-44"	45"-47"	48"-50"	51"-53"

Pre-Ballet and Ballet 1 - Bloch Girls Short-Sleeve Leotard

Most dancers in Pre-Ballet wear an S (6x-7); most dancers in Ballet 1 wear an M (8-10) or L (12).

Child Sizing	Toddler	Petite	Small	Medium	Large	Preteen
Size	2-4	4-6	6X-7	8-10	12	14
Chest	20"-21"	21"-23"	23"-25"	25"-27"	27"-29"	29"-31"
Waist	18"-19"	19"-21"	21"-22"	22"-23"	23"-25"	26"-28"
Hip	21"-23"	23"-25"	25"-27"	27"-29"	29"-31"	31"-33"
Girth	32"-35"	36"-39"	40"-43"	44"-47"	48"-51"	52"-55"
Inseam	18"-20"	20"-22"	22"-24"	24"-26"	26"-28"	28"-30"

Ballet 1 - Capezio Adult Short-Sleeve Leotard

Adult Sizing	Small	Medium	Large	X-Large
Size	4-6	8-10	10-12	14-16
Bust	32"-34"	34"-36"	36"-38"	39"-41"
Waist	24"-26"	26"-28"	28"-30"	31"-33"
Hip	35"-37"	37"-39"	39"-41"	41"-43"
Girth	57"-59"	59"-61"	61"-63"	62"-65"

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Ballet 2-7 - Child Sizing for Theatricals Tank Leotard

These leotards are fully lined in the front. Many of our Ballet 2 dancers pinch their tank straps in the back with a hair tie in order to shorten them. This is an easy, no-sew fix that can then be quickly undone as the dancer grows in height.

Child sizing	X-Small	Small	Intermediate	Medium	Large
Bust	19"-22"	21"-24"	23"-26"	25"-28"	27"-30"
Waist	19"-22"	21"-24"	22"-24"	22"-25"	24"-27"
Hip	21"-23"	23"-26"	25"-28"	27"-30"	29"-32"
Girth	37"-40"	41"-44"	45"-47"	48"-50"	51"-53"

Ballet 2-7 - Adult Sizing for Theatricals Tank Leotard

These leotards are fully lined in the front.

Adult Sizing	Small	Medium	Large	X-Large
Bust	32"-34"	35"-37"	38"-40"	39"-41"
Waist	24"-26"	27"-29"	30"-32"	31"-33"
Hip	34"-36"	37"-39"	40"-42"	41"-43"
Girth	55"-58"	59"-62"	63"-65"	65"-67"

Ballet 3-7 – Adult Sizing for Capezio Tank Leotard

These leotards have a shelf-bra, but no other lining. We've also found that the Extra Small and Small sizes in this brand fall in between the Child Large and Small Adult of the Theatricals brand.

Adult Sizing	XS/Petite	Small	Medium	Large	X-Large
Size	2-4	4-6	8-10	10-12	14-16
Bust	30"-32"	32"-34"	34"-36"	36"-38"	39"-41"
Waist	22"-24"	24"-26"	26"-28"	28"-30"	31"-33"
Hip	32"-34"	35"-37"	37"-39"	39"-41"	41"-43"
Girth	54"-56"	57"-59"	59"-61"	61"-63"	62"-65"

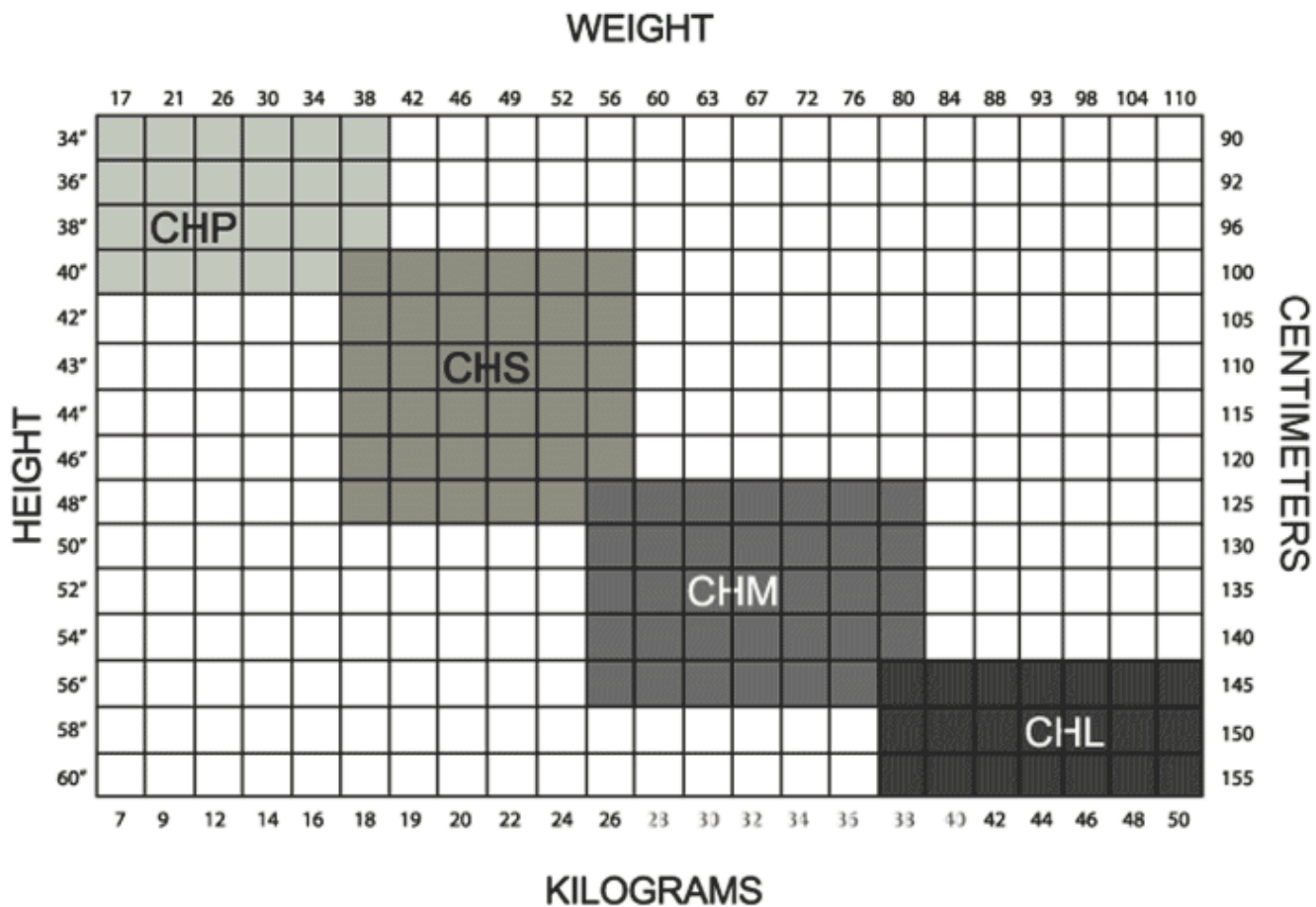
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TIGHTS

Baby Ballet, Discover Dance, Pre-Ballet, Ballet 1-3 - Girls Contoursoft Footed Tight

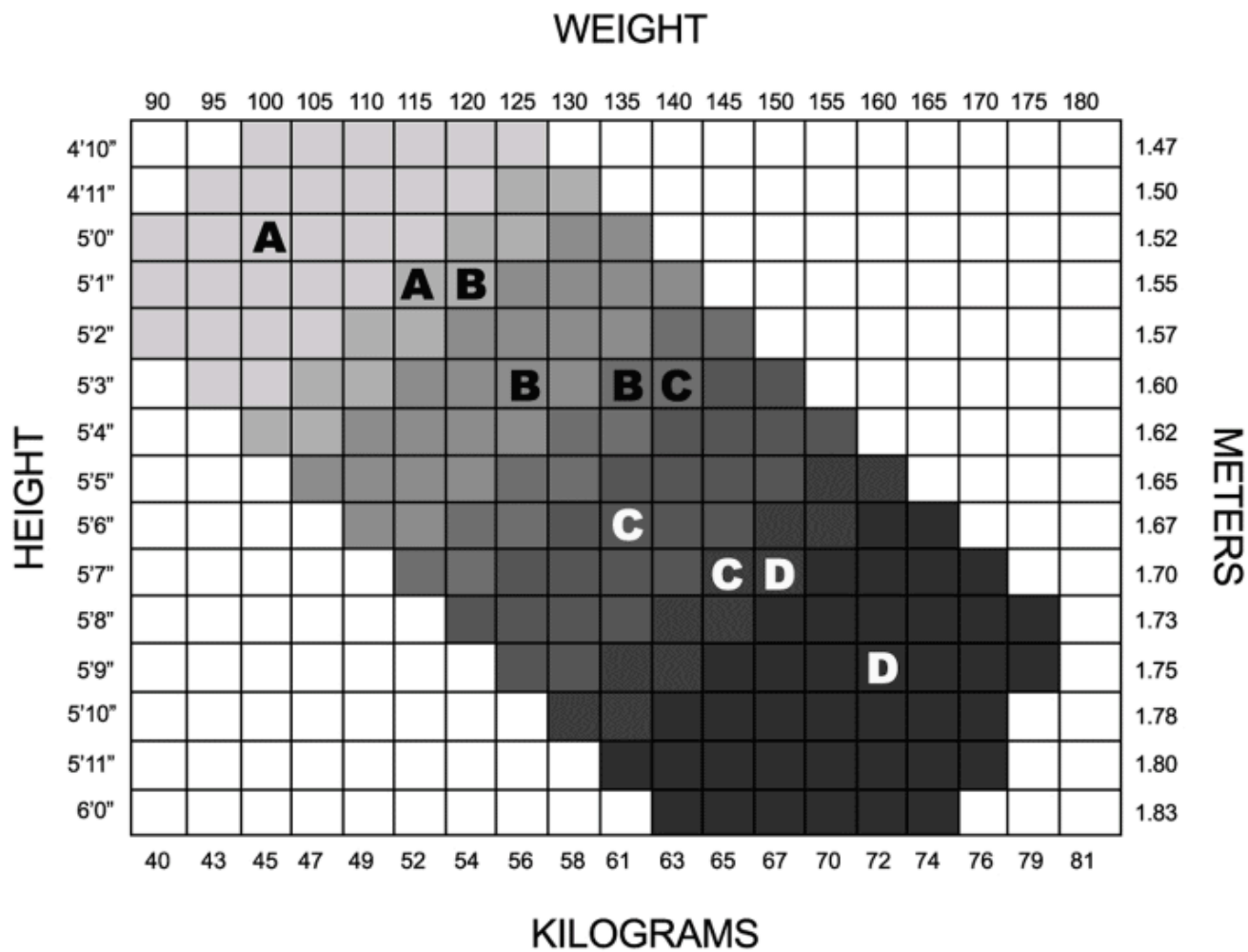
Most Baby Ballet dancers wear CHP; most Discover Dance dancers wear CHS, most Pre-Ballet dancers wear CHM, and most Ballet 1 dancers wear CHL.

AGE: CHP 2-4 | CHS 4-6 | CHM 8-10 | CHL 12-14



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Ballet 1-3 - Adult Endura Footed Tights
 We carry size B (and sometimes size A).



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Ballet 4-8 - Capezio Mesh Tights

These are “transition” tights. That means they have a hole in the bottom of each foot for use in dressing feet for pointe work. If your dancer is not doing pointe work, these tights are not necessary – a footed tight will be sufficient.

