



STEPS

R/R: with right sides together
W/W: with wrong sides together

[See Paulette's video for sewing rubber elastic at neckline \(29:48\)](#)

[See Paulette's video for sewing rubber elastic at thighs \(39:32\)](#)

FABRICS & TRIMS

- Lycra (swimwear fabric) dull or shiny
- Swimwear lining
- Rubber elastic 6mm wide
- 3 jersey snaps (optional)

[See Paulette's video for the choice of materials \(02:36\)](#)

Cut all the pieces in the swimsuit fabric and in the swimsuit lining. For the swimsuit lining it is necessary to remove 3 to 5mm of margin all around because the fabric is very stretchy and tends to quickly enlarge.

1 Place R/R the back in outer and lining fabric and stitch at 7mm the neckline. Then stitch the rubber elastic in the seam allowance on the lining side.

2 Lay the seam allowance towards the back in lining (the back in outer fabric and lining are no longer one on the other but one next to the other). Stitch on the right side the seam allowance to the lining at the zigzag stitch. Repeat these two steps for the front neckline.

The pieces in outer fabric and lining are now considered as a single piece: they are therefore W/W and if necessary baste the edges together.

3 Place the wrong side of back shoulders above the right side of front shoulders, matching the shoulder marks. Stitch in the seam allowance along the armholes where the pieces overlap.

4 Place R/R the sleeve along the armhole aligning the marks. Stitch at 7mm from the edge and overcast the edges together. Repeat on the other sleeve.

5 Place R/R the under-sleeves together then the sides of the body together. Stitch in a single stitch at 7mm the under-sleeve and then the side. Overcast or overlock the edges together. Repeat for the other side.

6 Finish the thighs and crotch with the rubber elastic: stitch in the zigzag stitch (or overlock) the rubber elastic all around the thighs and crotch aligning the edges. The rubber elastic is stitched on the right side of the lining. To join the rubber elastic, overlap it over a few millimeters (at a side seam). Fold the rubber elastic against the lining and stitch in a zigzag stitch all along the thighs and crotch.

7 Finish the sleeves bottom with the rubber elastic: stitch in the zigzag stitch (or overlock) the rubber elastic all around the sleeves bottom aligning the edges. The rubber elastic is stitched on the right side of the lining. To join the rubber elastic, overlap it over a few millimeters. Fold the rubber elastic against the lining and stitch in a zigzag stitch all along the sleeves bottom.

8 Put the three snaps at the crotch, the front is positioned above the back. You can otherwise simply superimpose the front above the back and stitch the crotch instead of snaps. The swimsuit will no longer open at the crotch.