



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 \(39:32\)](#)

[See the finished product \(40:45\)](#)

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, except for the waist ruffle piece in the outer fabric only. 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. Also cut two 3cm bands in the outer fabric to make the shoulder straps.

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 Pin a 3cm bands in the outer fabric R/R on a front armhole. Leave in continuity the length X (see the guidebook) to make the shoulder strap and then pin the band R/R on the back armhole corresponding in the continuity. Stitch at 7mm at both armholes. Then stitch the rubber elastic in the seam allowance all along the band (at the front armhole, then the shoulder strap the the back armhole).

4 Fold the band on the wrong side of the garment, covering the seam allowance. At the shoulder straps, the band is folded on the rubber elastic. Stitch the band with the zigzag stitch, taking care not to stretch it at the shoulder straps during sewing. If necessary, cut the excess of fabric on the wrong side. Do the same for the other side.

5 Place R/R the front and back and stitch at 7mm the two sides. Overcast or overlock the edges together.

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 The waist ruffle is optional. To sew it, follow the guidebook, steps 33 to 36.

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.