



Sizing Chart

Toddler Leotards and Unitards

Chest	Waist	Hip	Torso	Comfortable Fit
19 - 21"	17 - 18"	19 - 21"	33 - 35"	Toddler 18-24 Mo.
19 - 21"	17 - 18"	19 - 21"	35 - 37"	Toddler 2T

Child Leotards and Unitards

Chest	Waist	Hip	Torso	Sleeve	¾ Sleeve	Comfortable Fit
20 - 22"	17 - 18"	19 - 21"	38 - 40"	13 ½"	9"	Child XXS (3T)
22 - 24"	19 - 21"	20 - 22"	40 - 43"	15"	10 ½"	Child XS (5)
24 - 26"	20 - 22"	22 - 23"	43 - 45"	16 ½"	12"	Child S (6)
25 - 27"	21 - 23"	23 - 25"	45 - 47"	18"	13 ½"	Child M (8)
27 - 28"	22 - 24"	25 - 27"	47 - 49"	19 ½"	14 ¼"	Child L (10)
27 - 29"	22 - 24"	27 - 29"	50 - 52"	20 ¼"	15"	Child XL (12)

Adult Leotards

Chest	Waist	Hip	Torso	Sleeve	¾ Sleeve	Comfortable Fit
29 - 31"	23 - 25"	28 - 30"	52 - 54"	21"	15 ½"	Adult XS (0-2)
30 - 32"	24 - 26"	30 - 32"	54 - 55"	21 ¾"	16 ¼"	Adult S (3-4)
32 - 33"	25 - 27"	31 - 33"	56 - 57"	22 ½"	17"	Adult M (5-6)
33 - 34"	26 - 28"	33 - 34"	57 - 59"	23"	17 ½"	Adult L (8-10)
34 - 36"	26 - 29"	34 - 35"	59 - 61"	23"	17 ½"	Adult XL (12)

How to Measure

1. Chest Measurement: taken with a deep breath, arms held out at shoulder height. Go directly over shoulder blades on back.
2. Waist Measurement: taken at natural waistline, on-or-around belly-button
3. Hip Measurement: taken around the fullest part of the buttocks
4. Torso Measurement: taken from the center of the shoulder, down the front, between the legs, and up to the back to the starting point.
5. Long Sleeve Measurement: taken from the top of the shoulder to your wrist bone.

Rules of Thumb

1. Destira leotards run fairly true to size. Most often, a gymnast will wear the same size they wear in street clothes. For growing room, buy one size up.
2. Metallic fabrics have less stretch and will have a tighter feel when worn. Keep fabric type in mind when choosing size.

