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Child's Size Chart*

When between sizes use clothing size as a guide.

Size	CXS	CS	CM	CL
Clothing size	2	4-6	6-8	10-12
Chest inches	19-21	22-25	26-28	29-30
cm	48-53	56-64	66-71	73-76
Waist inches	19-20	21-22	22-24	25-27
cm	48-51	53-56	56-61	64-69
Hips inches	19-21	22-25	26-29	30-32
cm	48-53	56-64	66-74	76-71
Torso inches	38-40	41-44	45-48	49-51
cm	97-102	105-112	114-122	125-130

Adult's Size Chart

Size	AXS	AS	AM	AL
Clothing size	0-2(adult)	4-6	6-8	10-12
Chest inches	30-33	34-36	35-37	38-40
cm	76-84	86-91	89-94	97-102
Waist inches	22-24	23-25	26-27	28-30
cm	56-61	58-64	66-69	71-76
Hips inches	32-34	33-35	35-36	38-40
cm	81-86	84-89	89-91	97-102
Torso inches	52-54	54-56	57-59	60-62
cm	132-137	137-142	145-150	152-158

*Garland Activewear leotards run true to the garment industry's standard thus may not have the same fit as the leotards you are currently using. When between sizes use clothing size as a guide.