

HOW SHOULD A LEOTARD FIT?

How should it fit?



The leotard should be snug, fitting like a second skin, with no excess material.



Ensure the leotard has been pulled up properly onto (but not above) the hip bones.



The leotard should not be digging in to your child's shoulders but should also not be baggy in this area.



If seams are stretched, try the next size up. If the leotard is wrinkling, try the size below.

Why should it fit this way?



A leotard should fit snugly for both aesthetic AND safety reasons.



A snug fit is designed to allow freedom of movement, ensuring the clothing does not limit performance.



If a leotard is too big and baggy, the teacher cannot see any postural/alignment problems or offer corrections. This can impede your child's progression as a dancer and put them at greater risk of injury.

How should it look?



Correct
Size



Too
large



Why does my child say it doesn't fit?



Generally, children are not used to wearing close fitting clothing so may say the leotard feels too tight.



If you are unsure, ask your child's teacher to check the sizing. They have years of experience and will ensure your child's leotard fits correctly.



Remember that leotards are made of Lycra which is designed to stretch with the movements of the body. This means they will also stretch as your child grows.