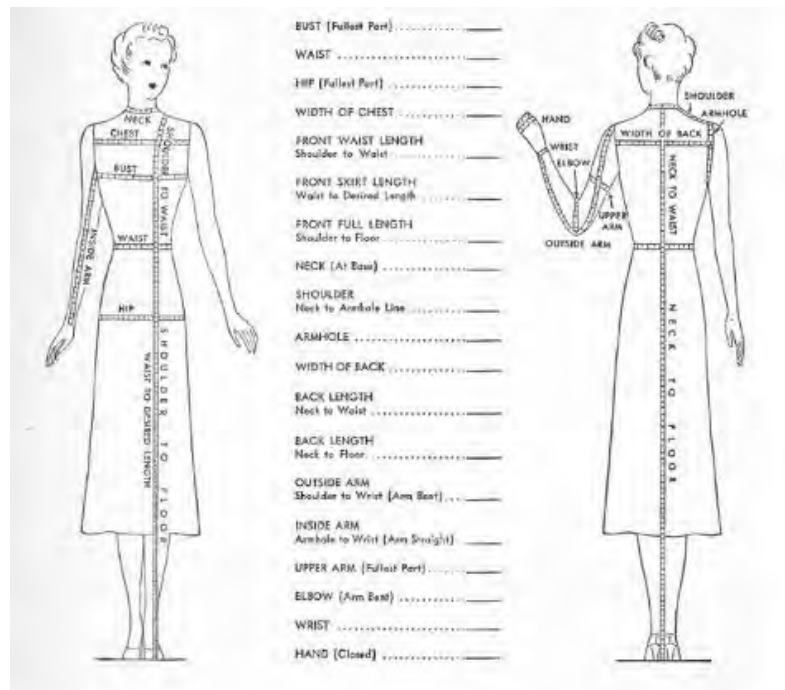


Sewing for Swimming

The Swimming seamstress

www.felixstowesewingschool.co.uk

Taking body measurements



- A very useful additional measurement is your GIRTH. Starting at one shoulder pass the tape through your legs and back up to the same starting shoulder. This gives an indication of the overall dimension for the costume you are making.
- Be honest about your measurements.
- Don't pull the tape for the purposes of vanity – pause for a moment to allow yourself to relax then read the tape measure.
- Don't be disheartened if your body measurements are different to ready-to-wear garment sizes. You are making a cozzie just for you – it's YOUR size and that's fabulous
- Get a friend to take your body measurements – it's easier to check the positioning of the tape to check it's horizontal and not sagging at the back.
- Take your measurements in your underwear and in a bra or foundation garment that mimics the cozzie you are going to be wearing that you are probably going to wear in the garment you are measuring for.
- Body measurements and garment measurements are NOT the same thing. The body measurements on a pattern are used to ascertain the size of the pattern required to fit you. The garment measurements reflect how the garment will move on you as well as ergonomic ease – this can be NEGATIVE for swimwear and sportswear as it compensates for the stretch in the fabric.

In stitches,

Amanda x

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