

**BODYWEAR** ADULT

		1,50 - 1,55 m 4'9" - 5'1"	1,55 - 1,60 m 5'1" - 5'3"	1,60 - 1,65 m 5'3" - 5'5"	1,65 - 1,70 m 5'5" - 5'7"	1,70 - 1,75 m 5'7" - 5'9"	1,75 - 1,80 m 5'9" - 5'11"
42 - 45 kg	93 - 99lb	SMALL	SMALL	SMALL	SMALL		
45 - 48 kg	100 - 106lb	SMALL	SMALL	SMALL	MEDIUM	MEDIUM	MEDIUM
48 - 51 kg	106 - 112lb	SMALL	SMALL	MEDIUM	MEDIUM	MEDIUM	LARGE
51 - 54 kg	113 - 119lb	SMALL	MEDIUM	MEDIUM	MEDIUM	LARGE	LARGE
54 - 57 kg	120 - 126lb	MEDIUM	MEDIUM	MEDIUM	MEDIUM	LARGE	LARGE
57 - 60 kg	128 - 132lb	MEDIUM	MEDIUM	MEDIUM	LARGE	LARGE	LARGE
60 - 63 kg	133 - 139lb	MEDIUM	MEDIUM	MEDIUM	LARGE	LARGE	LARGE
63 - 66 kg	139 - 146lb		MEDIUM	LARGE	LARGE	LARGE	LARGE
66 - 69 kg	146 - 152lb				LARGE	LARGE	LARGE

ROCH VALLEY® Garments: 3=Small; 4=Medium; 5=Large

**SHOES**

We recommend all shoe sizes are quoted in UK sizes when placing your order

UK SIZES	1	1,5	2	2,5	3	3,5	4	4,5	5	5,5	6	6,5	7	7,5	8	8,5	9	9,5	10
SO'DANÇA	-	-	2	2,5	3	3,5	4	4,5	5	5,5	6	6,5	7	7,5	8	8,5	9		
BLOCH*	-	-	2	2,5	3	3,5	4	4,5	5	5,5	6	6,5	7	7,5	8	8,5	9		
PLUME	3	4	4	5	6	6	7	7	8	9	10	10	11	11	12	12	13	13	14
CAPEZIO**	-	-	4	4,5	5	5,5	6	6,5	7	7,5	8	8,5	9	9,5	10	10,5	11		

\* Bloch Pointe Shoes and soft ballet shoes only. Bloch SO508, SO538 and SO539 are 3 sizes up to UK sizes - \*\* Capezio 656 only

**BODYWEAR** CHILDREN

UK SIZES	age 3-4	age 5-6	age 7-8	age 9-10	age 11-13	S	M	L
Chest size	22"-24"	26"	28"	30"	32"-34"			
Waist size	18"	20"	22"	24"	26"			
PLUME	age 4	age 6	age 8	age 10	age 12			
ROCH VALLEY®	0	1	1B	2	3A	3	4	5

**TIGHTS**

ADULT

CHILDREN

