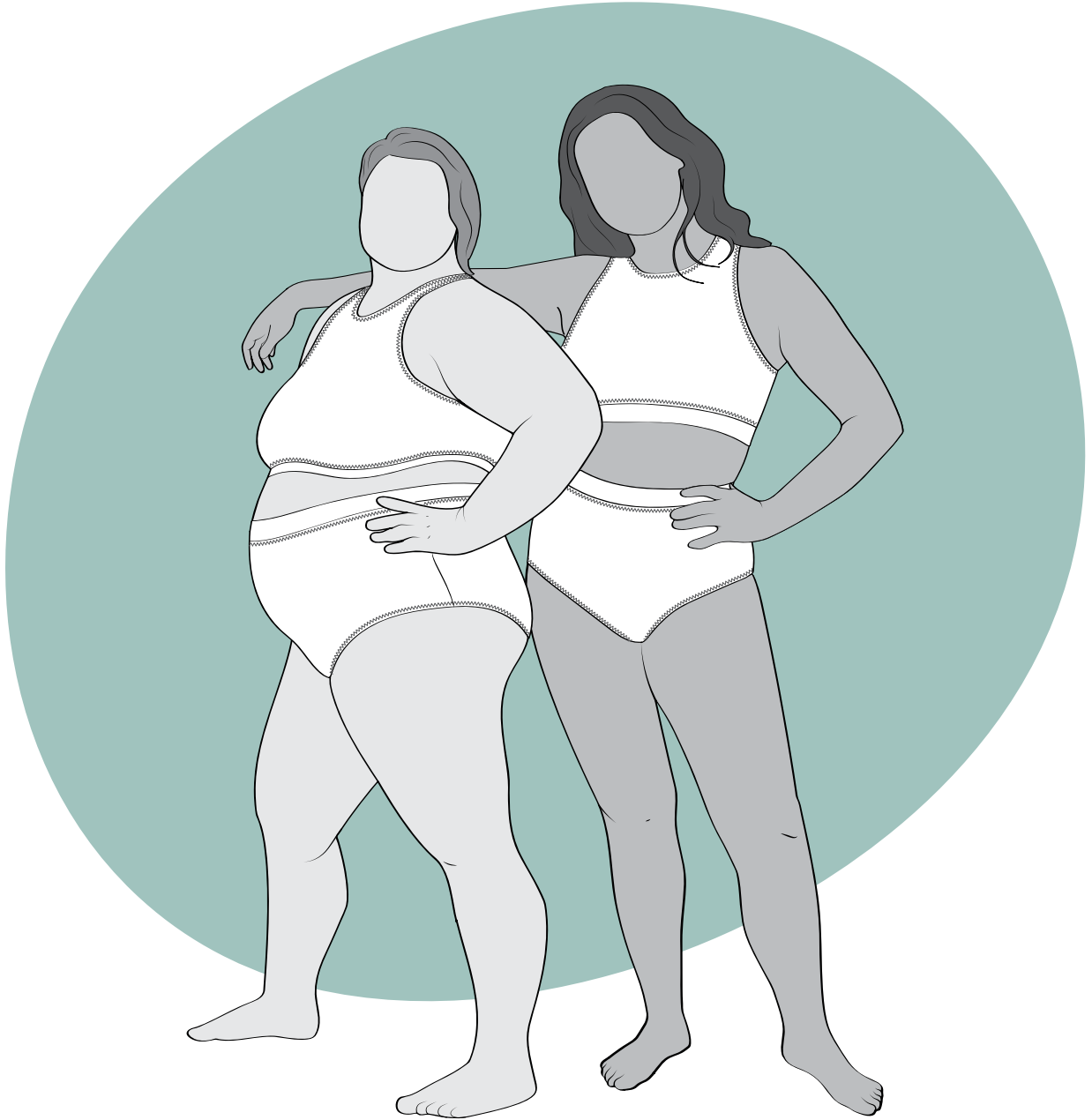


# SANDPIPER

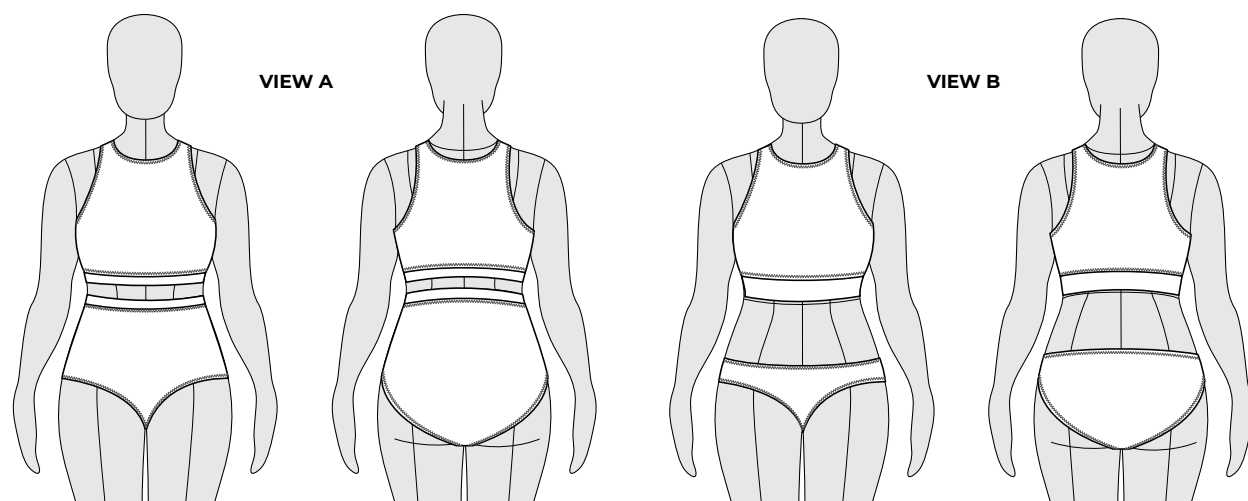
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SWIMSUIT | ADVANCED BEGINNER | SIZES 0-34 US | #3002



HELEN'S CLOSET

PATTERNS



The Sandpiper Swimsuit is the ultimate sporty two piece for swimming, water sports, and fun in the sun! Choose high-waisted or low-rise bottoms and mix and match them with the Sandpiper Swimsuit top. View A features a band finish on the top and bottoms and view B features a wider band on the top and an elastic finish on the bottoms. The neck, arm, and leg openings are all finished using swimwear elastic. Sandpiper is quick to make and a great option for people who are sewing their first ever swimsuit!

**Bonus:** You can make the Sandpiper Swimsuit top as a workout tank or cute crop top! Try it in an athletic knit or stretch jersey. Lining is optional when sewing it as a top. You can substitute knit bands for the elastic if desired.

### Notions

- Thread (2 spools)
- Stretch needle
- 1/4" (0.6 cm) cotton or rubber Swimwear elastic  
(see [page 7 for requirements](#))

### Sizes

0-34 US

### Difficulty

Advanced Beginner

### Sewing Skills Learned

- Sewing with swimwear fabrics
- Attaching elastic

### Fabric Recommendations

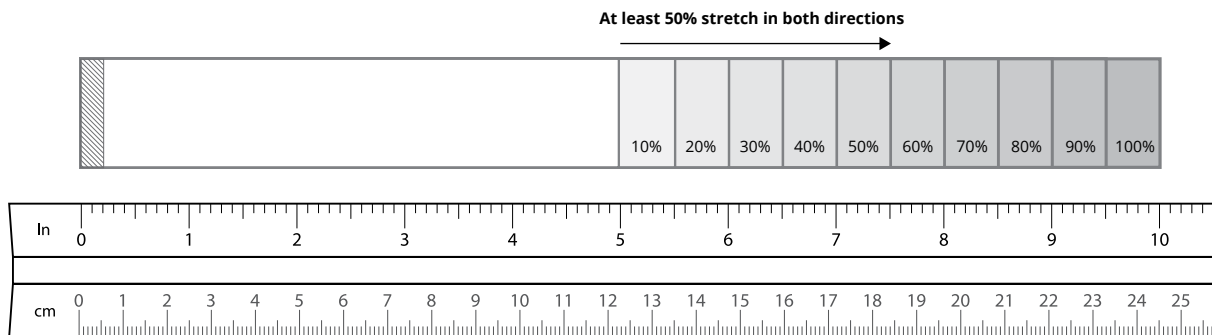
Swimwear stretch knits with at least 50% stretch horizontally and vertically (see stretch chart on [page 3](#)). Look for nylon or polyester knits with high spandex content. You may want to look for chlorine resistant fabrics for swimming pools and/or fabrics with a UPF rating over 30 for sun safety.

Swimwear lining provides extra comfort and coverage in your swimwear. It is optional but recommended. Look for stretchy nylon or polyester fabric specifically labeled as swimwear or swimsuit lining. You can also line Sandpiper in lightweight power net or firm power mesh for more support.



### Determining the Percentage of Stretch in Your Fabric

Cut a 5" square swatch of fabric. Next to a ruler, stretch the fabric until it feels fully stretched out, but not strained. Take note of the stretched measurement. What percentage did it stretch? Repeat for the cross-grain stretch percentage.



### Sewing with Swimwear Knit Fabrics

If this is your first time sewing with knit fabrics, you are in good hands! Here are some tips for sewing with knits:

- **Use a 'stretch' needle.** If you try to sew knits with a universal or even ballpoint needle, it may break the elastic fibers in your fabric or you may get skipped stitches when sewing (see diagram below). Stretch needles have a duller tip, preventing them from tearing the fibers in your knits. Test out the needles you have prior to starting your project. Fine Microtex needles can also help with skipped stitches on elastic.



*Example of skipped stitches when using a zig-zag*

- **Don't pull when sewing.** It is possible to stretch knits out while sewing, resulting in wavy seams and difficulties getting seams to lie flat. Let the machine feed the fabric through and resist the urge to pull it while sewing. If you are experiencing wavy seams despite gentle handling, you may need to let up on your presser foot pressure or use a walking foot to allow the fabric through more easily.
- **You must use a zig-zag stitch.** If you use a straight stitch to sew knits, any seams under stress when stretched will break. Zig-zag stitches allow the seams to stretch and move with your body. Some areas will need greater stretch, therefore they need a wider zig-zag.
- **You don't need a serger/overlocker.** A serger can be used when sewing a swimsuit, but it is not necessary since all of the seams are hidden inside the lining. The pattern can be sewn using only a sewing machine.



Two PDF patterns are provided with different size charts. The first is range 0-22 based on a B-cup block. The second is range 12-34 based on a D-cup block. There is an overlap from sizes 12-22 where you can choose which cup size range you would like to use.

**B-Cup Size Range: (0 - 22)**

inches

	0	2	4	6	8	10	12	14	16	18	20	22
<b>High Bust/Chest</b>	29	30	31	32	33	34.5	36	38	40	42	44	46
<b>Full Bust/Chest</b>	31	32	33	34	35	36.5	38	40	42	44	46	48
<b>Under Bust/Chest</b>	27	28	29	30	31	32.5	34	36	38	40	42	44
<b>Waist</b>	24	25	26	27	28	29	30	32	34	36	38	40
<b>Hips</b>	33	34	35	36	37	38.5	40	42	44	46	48	50

centimeters

	0	2	4	6	8	10	12	14	16	18	20	22
<b>High Bust/Chest</b>	73.5	76	78.5	81.5	84	87.5	91.5	96.5	101.5	106.5	112	117
<b>Full Bust/Chest</b>	78.5	81.5	84	86.5	89	92.5	96.5	101.5	106.5	112	117	122
<b>Under Bust/Chest</b>	68.5	71	73.5	76	78.5	82.5	86.5	91.5	96.5	101.5	106.5	112
<b>Waist</b>	61	63.5	66	68.5	71	73.5	76	81.5	86.5	91.5	96.5	101.5
<b>Hips</b>	84	86.5	89	91.5	94	98	101.5	106.5	112	117	122	127

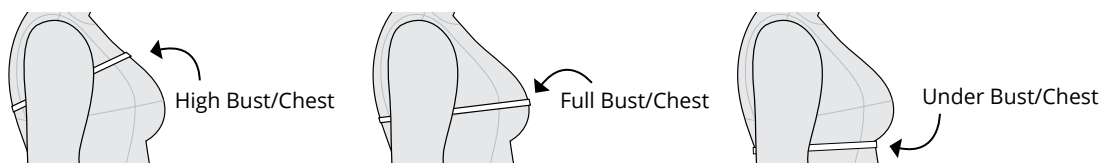
**D-Cup Size Range: (12 - 34)**

inches

	12	14	16	18	20	22	24	26	28	30	32	34
<b>High Bust/Chest</b>	36	38	40	42	44	46	48	50	52	54	56	58
<b>Full Bust/Chest</b>	40	42	44	46	48	50	52	54	56	58	60	62
<b>Under Bust/Chest</b>	34	36	38	40	42	44	46	48	50	52	54	56
<b>Waist</b>	30	32	34	36	38	40	42	44	46	48	50	52
<b>Hips</b>	40	42	44	46	48	50	52	54	56	58	60	62

centimeters

	12	14	16	18	20	22	24	26	28	30	32	34
<b>High Bust/Chest</b>	91.5	96.5	101.5	106.5	112	117	122	127	132	137	142	147.5
<b>Full Bust/Chest</b>	101.5	106.5	112	117	122	127	132	137	142	147.5	152.5	157.5
<b>Under Bust/Chest</b>	86.5	91.5	96.5	101.5	106.5	112	117	122	127	132	137	142
<b>Waist</b>	76	81.5	86.5	91.5	96.5	101.5	106.5	112	117	122	127	132
<b>Hips</b>	101.5	106.5	112	117	122	127	132	137	142	147.5	152.5	157.5



This pattern has been drafted for a 5'6" (168 cm) tall person.



This pattern has negative ease (it is smaller than your body measurements). The swimsuit is designed to be form fitting. It is important to use a fabric with **at least 50% stretch in both directions** to ensure that the swimsuit fits as intended.

B-Cup Finished Measurements

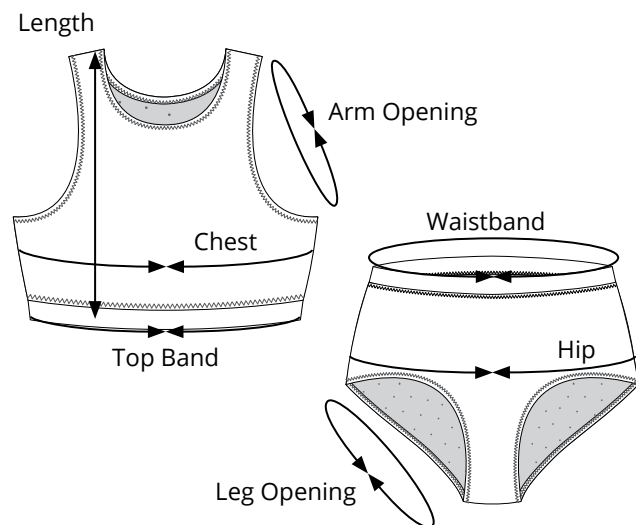
	0	2	4	6	8	10	12	14	16	18	20	22
<b>Chest</b>	25	26	27	28	29	30	31	33	35	37	39	41
<b>Top Band</b>	22	23	24	25	26	27	28.5	30	32	34	36	38
<b>Top Length (A)</b>	14	14.25	14.5	14.75	15	15.25	15.5	16	16.25	16.5	16.75	17
<b>Top Length (B)</b>	15	15.25	15.75	16	16.25	16.5	16.5	17	17.25	17.5	17.75	18
<b>Arm Opening</b>	17.25	18	18.75	19.25	20	20.75	21.75	23	24.5	25.75	27.25	28.75
<b>Waistband (A)</b>	19.5	20.5	21.5	22.5	23.5	24.5	26	27.5	29.5	31.5	33.5	35.5
<b>Waistband (B)</b>	23	24	25	26	27	28	29	31	32.5	34.5	36.5	38.5
<b>Hip</b>	26	27	28	29	30	31	32.5	34	36	38	40	42.5
<b>Leg Opening</b>	18.25	19	19.75	20.25	21	21.75	22.5	23.5	24.5	25.5	26.75	28

D-Cup Finished Measurements

	12	14	16	18	20	22	24	26	28	30	32	34
<b>Chest</b>	32	34	36	38	40	42	44	46	48	50	52	54
<b>Top Band</b>	28.5	30.5	32.5	34.5	36.5	38.5	40.5	42.5	44.5	46.5	48.5	50.5
<b>Top Length (A)</b>	15.5	15.75	16	16.5	16.75	17	17.25	17.5	18	18.25	18.5	19
<b>Top Length (B)</b>	16.5	16.75	17	17.5	17.75	18	18.25	18.5	19	19.25	19.5	20
<b>Arm Opening</b>	20.5	21.75	22.75	24	25	26.25	27.25	28.5	29.75	30.75	32	33.25
<b>Waistband (A)</b>	25.5	27.5	29.5	31.5	33.5	35.5	37.5	39.5	41.5	43.5	45.5	47.5
<b>Waistband (B)</b>	29	31	33	35	37	39	41	43	45	47	49	51
<b>Hip</b>	32	34	36	38	40	42	44	46	48	50	52	54
<b>Leg Opening</b>	21.5	22.5	23.5	24.5	25.5	26.5	27.5	29	30.25	31.5	32.5	33.5

The **chest** is measured around the full bust/chest of the top. The **length** is measured from the high shoulder point of the top to the bottom of the band. The **arm opening** is measured around the arm opening of the top. The **top band** is measured around band on the swimsuit top.

The **waistband** is measured around the top of the bottoms. The **hip** is measured around the body of the bottoms at the hip level. The **leg opening** is measured around the leg opening of the bottoms.



This pattern has negative ease (it is smaller than your body measurements). The swimsuit is designed to be form fitting. It is important to use a fabric with **at least 50% stretch in both directions** to ensure that the swimsuit fits as intended.

B-Cup Finished Measurements

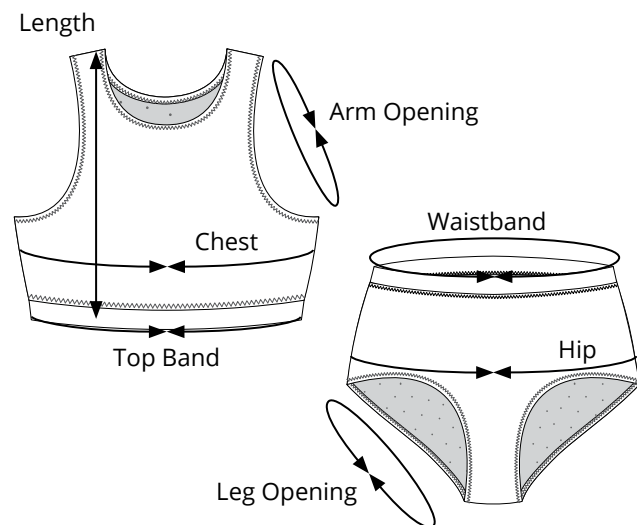
	0	2	4	6	8	10	12	14	16	18	20	22
<b>Chest</b>	63.5	66	68.5	71	73.5	76	78.5	84	89	94	99	104
<b>Top Band</b>	56	58.5	61	63.5	66	68.5	72.5	76	81.5	86.5	91.5	96.5
<b>Top Length (A)</b>	35.5	36.5	37	37.5	38	39	39.5	40.5	41.5	42	42.5	43
<b>Top Length (B)</b>	38	39	40	40.5	41	41.5	42	43	43.5	44.5	45	45.5
<b>Arm Opening</b>	43.5	45.5	47.5	49	51	53	55.5	58.5	62.5	65.5	69.5	73
<b>Waistband (A)</b>	49.5	52	54.5	57	59.5	62	66	70	75	80	85	90
<b>Waistband (B)</b>	58.5	61	63.5	66	68.5	71	73.5	78.5	82.5	87.5	92.5	98
<b>Hip</b>	66	68.5	71	73.5	76	78.5	82.5	86.5	91.5	96.5	101.5	108
<b>Leg Opening</b>	46.5	48.5	50	51.5	53.5	55	57.5	59.5	62	65	68	71

D-Cup Finished Measurements

	12	14	16	18	20	22	24	26	28	30	32	34
<b>Chest</b>	81.5	86.5	91.5	96.5	101.5	106.5	112	117	122	127	132	137
<b>Top Band</b>	72.5	77.5	82.5	87.5	92.5	98	103	108	113	118	123	128.5
<b>Top Length (A)</b>	39	40	40.5	41.5	42.5	43	44	44.5	45.5	46.5	47	48.5
<b>Top Length (B)</b>	41.5	42.5	43	44	45	45.5	46.5	47	48.5	49	50	51
<b>Arm Opening</b>	52.5	55	58	60.5	63.5	66.5	69.5	72.5	75.5	78	81.5	84.5
<b>Waistband (A)</b>	65	70	75	80	85	90	95.5	100.5	105.5	110.5	115.5	120.5
<b>Waistband (B)</b>	73.5	78.5	84	89	94	99	104	109	114.5	119.5	124.5	129.5
<b>Hip</b>	81.5	86.5	91.5	96.5	101.5	106.5	112	117	122	127	132	137
<b>Leg Opening</b>	54.5	57.5	60	62.5	65.5	67.5	70	73.5	76.5	80	82.5	85.5

The **chest** is measured around the full bust/chest of the top. The **length** is measured from the high shoulder point of the top to the bottom of the band. The **arm opening** is measured around the arm opening of the top. The **top band** is measured around band on the swimsuit top.

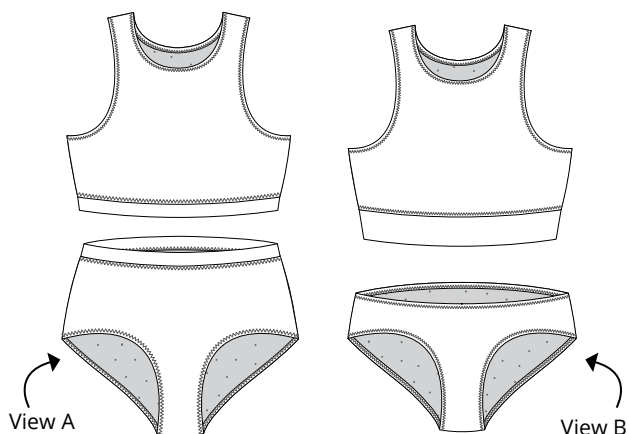
The **waistband** is measured around the top of the bottoms. The **hip** is measured around the body of the bottoms at the hip level. The **leg opening** is measured around the leg opening of the bottoms.



You will need the same amount of fabric for both the main swimsuit fabric and lining fabric. Elastic requirements are also listed below.

If the required fabric is “n/a”, the top band pattern pieces will not fit on this width of fabric. In this case, select a wider fabric.

**Tip:** You can make mix and match top and bottoms using different fabrics! You can also make the waistbands from a different color or print.



**View A**

yards

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
<b>57" wide</b>	1	1	1	1	1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.3	1.3	1.3	1.4	1.4	1.4
<b>45" wide</b>	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.4	1.4	n/a	n/a	n/a	n/a
<b>Elastic</b>	2.1	2.2	2.2	2.3	2.4	2.5	2.5	2.6	2.7	2.8	3	3.1	3.1	3.3	3.4	3.5	3.6	3.8

meters

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
<b>145 cm wide</b>	0.9	0.9	0.9	0.9	0.9	1	1	1	1	1	1	1	1.2	1.2	1.2	1.3	1.3	1.3
<b>115 cm wide</b>	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.3	1.3	n/a	n/a	n/a	n/a
<b>Elastic</b>	1.9	2	2	2.1	2.2	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3	3.1	3.2	3.3	3.4

**View B**

yards

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
<b>57" wide</b>	0.9	0.9	0.9	0.9	0.9	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.3	1.3	1.3
<b>45" wide</b>	1.1	1.1	1.1	1.1	1.1	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.4	1.4	n/a	n/a	n/a	n/a
<b>Elastic</b>	2.9	3	3.2	3.3	3.4	3.5	3.6	3.7	3.7	3.7	3.8	4	4.1	4.3	4.4	4.6	4.8	4.9

meters

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
<b>145 cm wide</b>	0.8	0.8	0.8	0.8	0.8	1	1	1	1	1	1	1	1	1	1	1.2	1.2	1.2
<b>115 cm wide</b>	1	1	1	1	1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.3	1.3	n/a	n/a	n/a	n/a
<b>Elastic</b>	2.7	2.8	2.9	3	3.1	3.25	3.3	3.4	3.6	3.6	3.6	3.6	3.8	3.9	4.1	4.2	4.4	4.5

