

**SWIM
STYLE**
SEWING PATTERNS

Lara Loungewear Set

Swim Style patterns

Watch our step-by-step tutorial video of this pattern on our

You tube channel.

Women size XS to 3XL

Pattern designed for stretch fabrics.

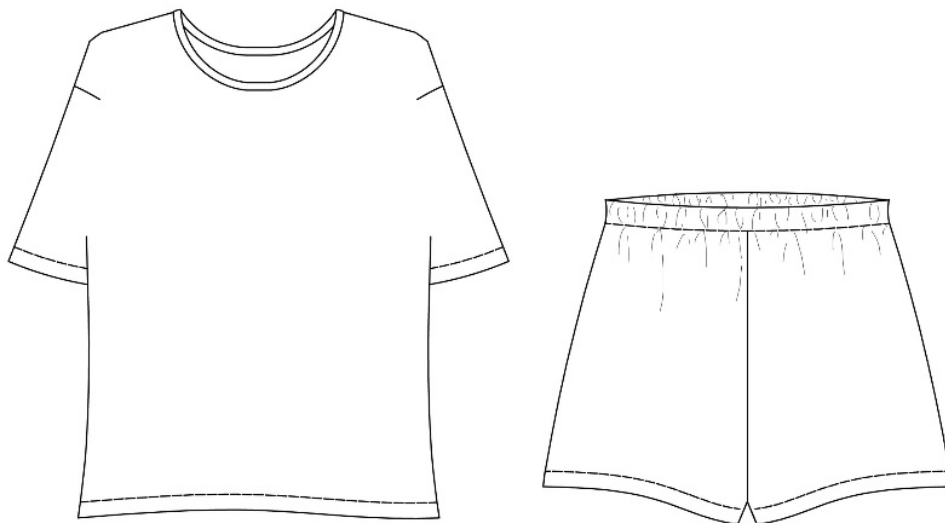
Sewing level Beginner

Recommended fabrics ribbed knit fabric, Jersey, ponte, sweat shirt fleece, interlock knit, spandex, polar fleece double knit,

We loved using a ribbed knit fabric for this set. Most knits will suit this pattern.

Description Designed to be a boyfriend fit, this loungewear set is the ideal cross over between style and comfort. Wear this set lounging around the home or out and about.

Featuring a high scoop neckline, loose drop sleeve and high waisted relaxed shorts.



Swim Style Size chart Metric/cm

| Metric cm | XS | S | M | L | XL | XXL | XXXL |
|-----------|----|----|----|-----|-----|-----|------|
| bust | 83 | 87 | 92 | 97 | 102 | 107 | 112 |
| waist | 64 | 67 | 71 | 76 | 81 | 86 | 91 |
| hips | 88 | 92 | 97 | 102 | 107 | 112 | 117 |

Swim Style Size chart Imperial / inches

| Inches | XS | S | M | L | XL | XXL | XXXL |
|--------|------|------|----|----|----|-----|------|
| bust | 32 | 34 | 36 | 38 | 40 | 42 | 44 |
| waist | 25 | 26 ½ | 28 | 30 | 32 | 34 | 36 |
| hips | 34 ½ | 36 | 38 | 40 | 42 | 44 | 46 |

Fabric requirements Lara loungewear set

Please note 2 size groups

| Size group | Metric cm | Imperial inches | Metric | Imperial |
|--------------------------|-------------------|-----------------------|-------------------|---------------------|
| | Fabric 150cm wide | Fabric 59 inches wide | Elastic 25mm wide | Elastic 1 inch wide |
| Size X Small to Large | 2 meters | 2 ¼ yards | 81 cm | 1 metre |
| Size X Large to 3X Large | 2.5 meters | 2 ¾ yards | 1 yard | 1 ¼ yards |

Supplies / You will also need

Matching thread, pins scissors and a safety pin.

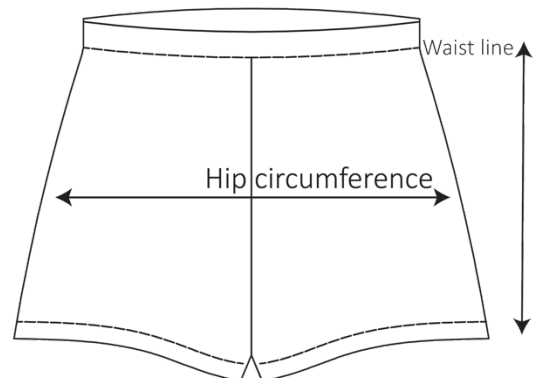
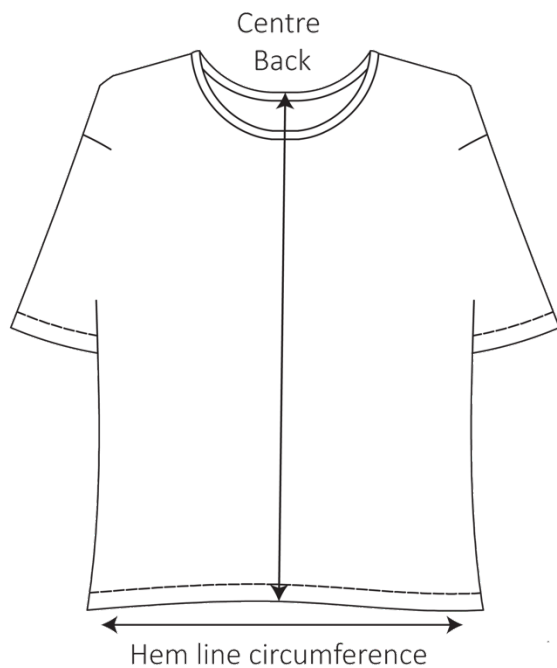
Finished measurements Lara Loungewear set.

Lara Loungewear Top

| Size | Hem circumference CM | Hem circumference Inches | Centre back length CM | Centre back length Inches |
|------|-------------------------|-----------------------------|--------------------------|------------------------------|
| XS | 112 | 44 | 60 | 23 5/8 |
| S | 117 | 46 | 60.6 | 23 3/4 |
| M | 122 | 48 | 61.2 | 24 |
| L | 127 | 50 | 61.8 | 24 1/4 |
| XL | 132 | 52 | 62.4 | 24 1/2 |
| 2XL | 137 | 54 | 63 | 24 3/4 |
| 3XL | 142 | 56 | 63.6 | 25 |

Lara Loungewear Shorts

| Size | Across hips CM | Across hips Inches | Side seam length CM | Side seam length Inches |
|------|-------------------|-----------------------|------------------------|----------------------------|
| XS | 110 | 43 1/4 | 33.4 | 13 |
| S | 115 | 45 1/4 | 34.6 | 13 5/8 |
| M | 120 | 47 1/4 | 35.8 | 14 |
| L | 125 | 49 1/4 | 37 | 14 1/2 |
| XL | 131 | 51 1/2 | 38.2 | 15 |
| 2XL | 136 | 53 1/2 | 39.4 | 15 1/2 |
| 3XL | 141 | 55 1/2 | 40.6 | 16 |



Pdf layout Lara lounge wear set

Assemble as shown using instructions below.

Total tiles 30 tiles + test tile

This pattern includes a separate test tile to print.



Test tile

Print out the test tile to check your printer settings are correct before printing out your entire set of tiles.

Print pattern tiles on a standard home printer on US or A4 size paper.

US letter paper size 8 1/2 inches x 11inches

A4 paper size 210mm x 297mm

We recommend Adobe acrobat free software to print out this pattern. This is free software you can download from the internet.

Correct pattern tile / printed borders

Step 1 print out test tile. Measure the printed borders of the test pattern tile as marked.

If your tile size is correct, print out all pattern tiles. If not check your printer settings. You printer should have one of these options below to choose to print at correct size.

-Print at actual size or -Print at 1:1 or -Print No scaling

Correct Printed Border of Pattern tile Metric 17 cm x 24cm or Inches 6.69inches x 9.44inches

Step 2 Each tile is marked by numbers. Place all pattern tiles, numbers right way up as shown in pdf layout.

Cut excess paper at border lines on the top & left side of each tile.

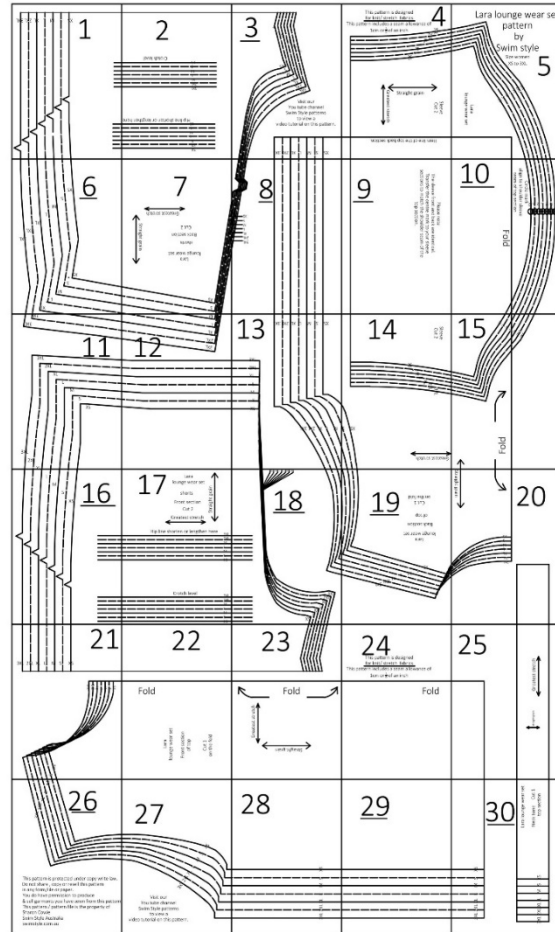
Step 3 Assemble pattern tiles. Place pattern tiles in horizontal rows. **Refer to pdf assembled pattern picture. To assemble your tile rows**

Apply glue to right side of each tile between the border line and edge of paper. Align the trimmed border side of the pattern tile on the border line of the matching tile to the left side. Excess edge placed underneath.

Press down to glue tiles in place. Repeat this process to complete each row. Complete all horizontal rows.

Step 4 Glue Horizontal rows in position. Apply glue to lower excess edges of each row. Match printed borders.

Paste each row together to complete pattern. Trace pattern of your size. Refer to the size chart to verify correct size before tracing pattern pieces.



Fabric layout Lara Loungewear set

Our fabric layout illustration includes 2 size groups. Size XS to Large inclusive. Size XL to 3XLarge inclusive.

Size XS to Large – fold fabric right sides together.

Place the selvage edges of the fabric towards the centre. Pin & cut the front and back sections on the fold lines of the fabric.

Fold the remaining fabric with the selvages together to pin and cut out the remaining pieces. 2x Sleeves, 2 x front and back shorts section. Cut 1 x the neckband.

Size XL to 3XLarge

Fold the fabric right sides together and match the selvage edges together.

Place the pattern pieces as shown. Cut out front and back sections on the fold. Cut out 2x sleeves, 2 x front and back shorts sections & 1 x neckband.

Sewing terms

Edge stitch -straight stitch sewn 3mm or 1/8 of inch from the edge or seamline.

Top stitch - straight stitch sewn ¼ inch from the edge or seamline.

Mark points -mark with a pin or tailors chalk, or a small clip under 5mm or ¼ inch

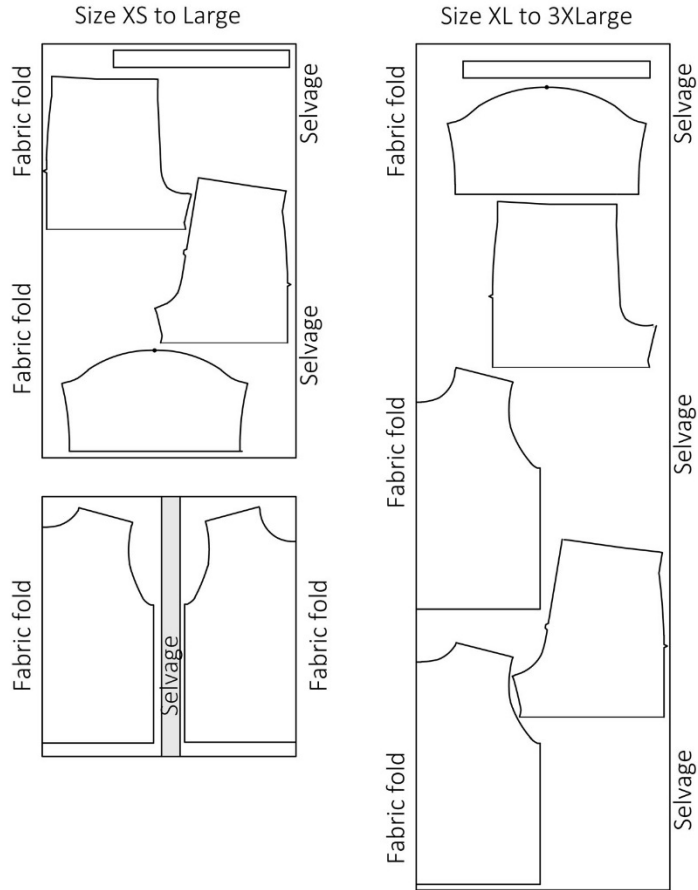
Finish raw edges- Neaten raw edges by using an Overlocker / Serger machine to finish the raw edges. Or stitch a zig zag stitch close to each raw edge.

Stay stitch – Use a long straight stitch. (This is often a temporary stitch used to hold sections together, in preparation for the next step.) Removed when garment is completed.

Seam allowance – Distance between the stitch line & the cutting edge of garment.

Press We recommend testing iron heat on a left-over scrap of fabric before ironing your project. Press each sewing step as you construct your garment.

Fabric layout



Sewing instructions

The seam allowance on this pattern **1cm or 3/8 inch**

Use a **stretch stitch on all seams.**

This entire pattern can be sewn on a basic sewing machine using your zig zag stitch.

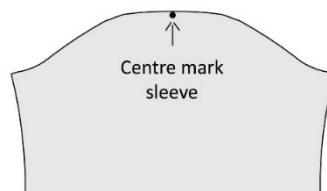
Other recommended stitches include a stretch stitch, fancy stretch stitch, overlocker / serger stitch. Seams and raw edges can be finished with an overlocker or serger. Hems can also be sewn with a cover stitch.

Please note- Illustrations contain drawings of stitches as straight stitch lines to demonstrate each step. It is not possible to draw zig zag stitch or stretch stitch.



Top section

Right sides together stitch the front and back sections together at the shoulder seams.



Sleeve

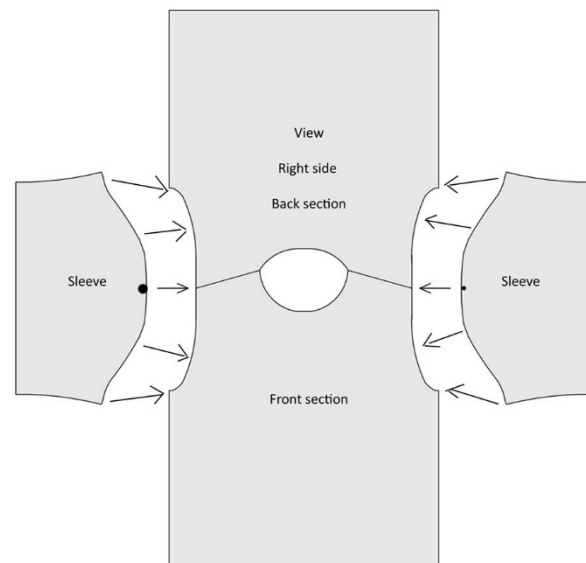
The sleeve pattern includes a centre mark. Check you have transferred this mark from the pattern piece.

Stitch sleeve to the top section at armholes

Lay the top section right sides up to prepare for this step.

Right side's together pin and stitch the sleeves to the top section at the armholes.

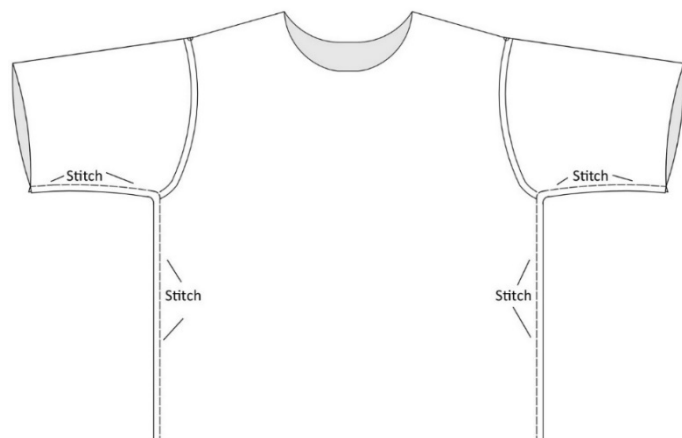
Begin by matching the centre marks of the sleeves to the shoulder seams of the top section. Continue to pin the entire sleeves to the armholes. Stitch the sleeves to the armholes.



Stitch front to back at side seams.

Right sides together pin and stitch the front to the back at the side seams.

Begin at the sleeve and end at the hem line of the top section.



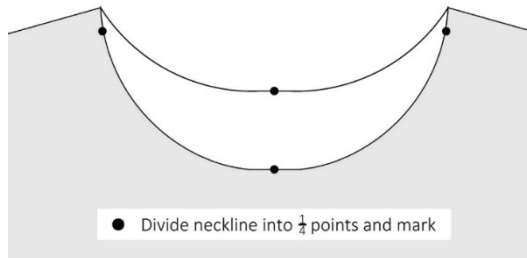
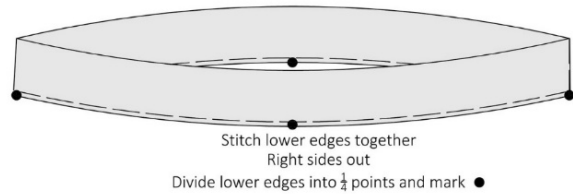
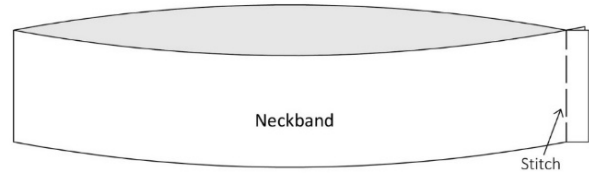
Neckband

Right sides together stitch the neckband together at the short ends.

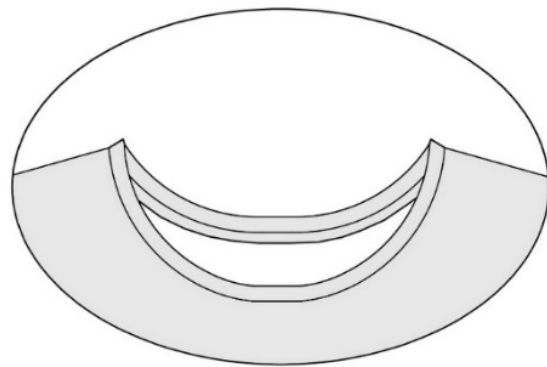
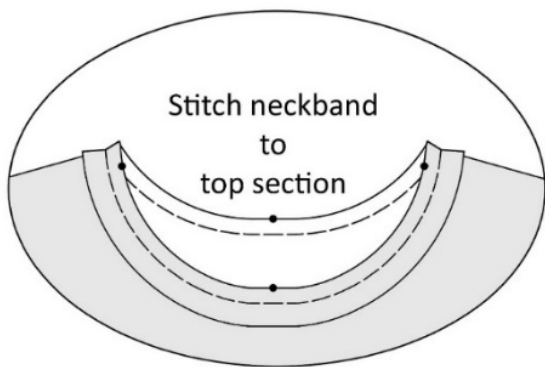
Fold the band right sides out.

Pin and stitch the lower edges together.

Divide the lower edges of the neckband into even $\frac{1}{4}$ points and mark each point.



Place the top section right sides out. Divide and mark the neckline edge into even $\frac{1}{4}$ points. Begin at the centre back.



Right sides together pin the neckband to the neckline of the top section. Align the raw edges of neckband and neckline.

Match the $\frac{1}{4}$ marks and place the seam of the neck band at the centre back of the top section.

Stitch the neckband to the top section, stretch the band evenly between the marks as you sew.

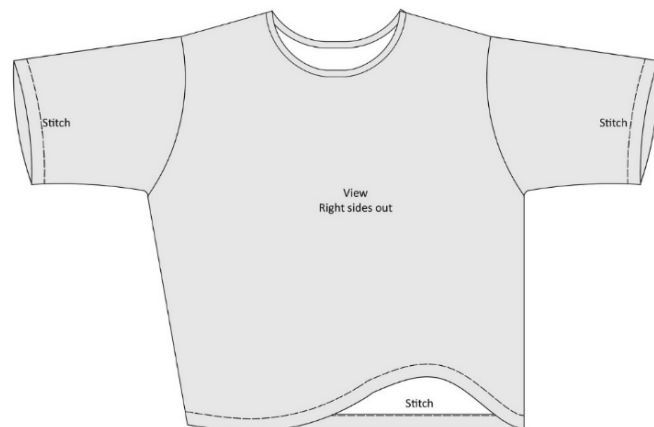
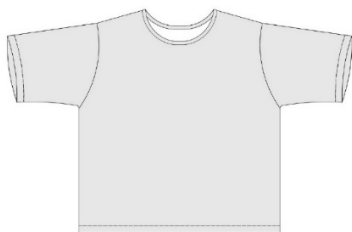
Press the neckband upwards on the right side. Option- top stitch neck band.

Hems

Finish the lower edges of the sleeves and top section.

Press the lower edges of the sleeves and top section under to the wrong side by 2cm or $\frac{3}{4}$ of an inch.

Pin and stitch the hems of top section and sleeves.



Sewing instructions

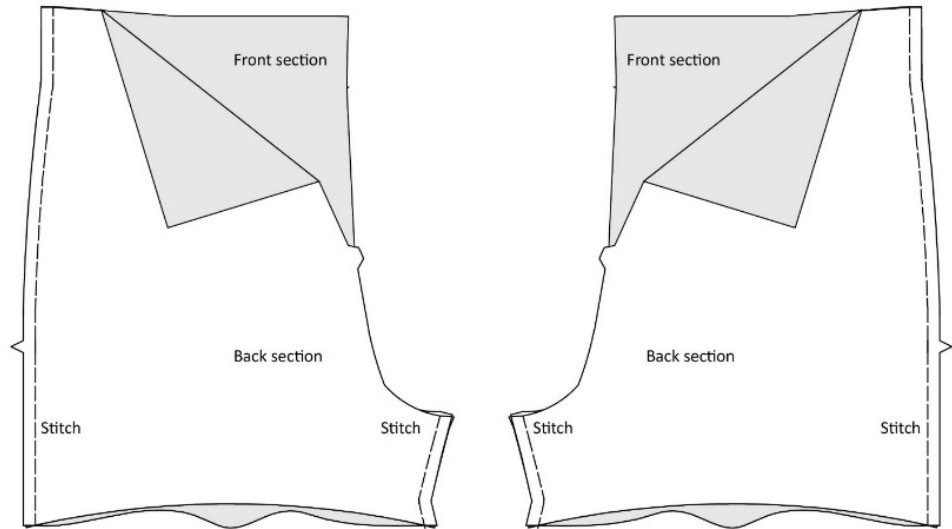
Shorts

Stitch front to back section of each leg.

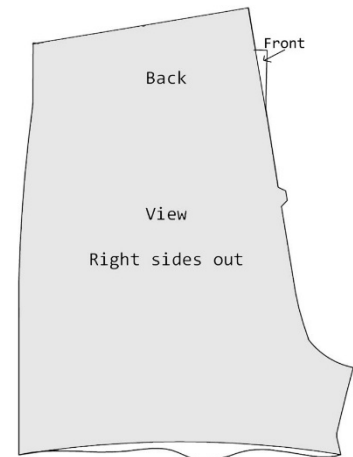
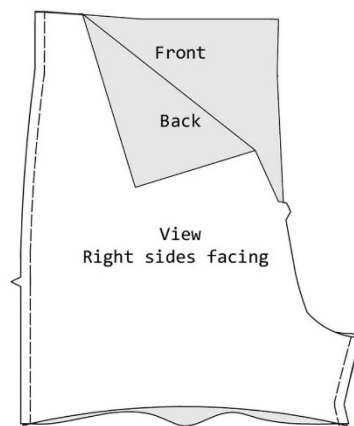
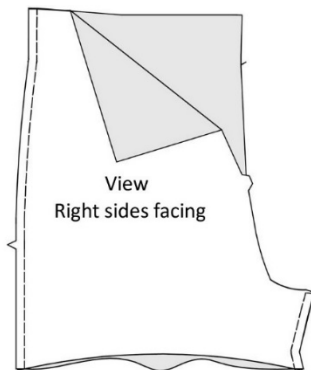
Right sides together pin each back section to the matching front section.

Pin and stitch the leg sections together at the side seams and inside leg seams.

(You should have a mirrored pair as shown.)

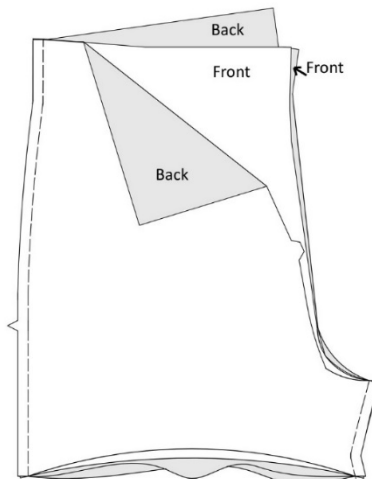
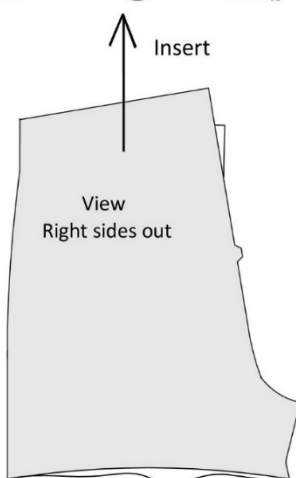


Turn 1 leg section right sides out. Leave the remaining leg section right sides facing.



Insert leg section

Place the leg sections as shown. Insert the leg section with the right sides facing out up inside the other leg section.



Match the front centre seams together. Right sides facing.

They should be sandwiched inside as shown.

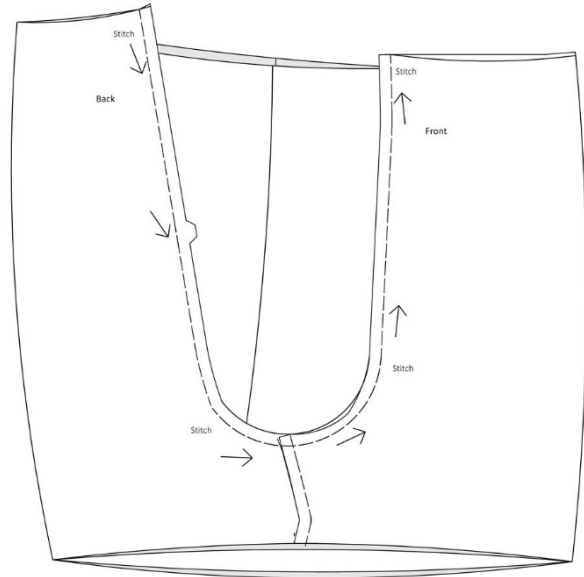
Centre seam

Open out the sections with the right sides facing at the entire centre seam.

Match the centre back seams, including the double notches.

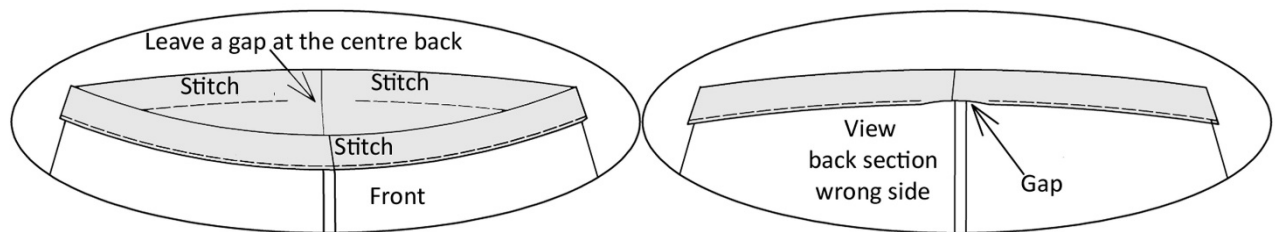
Match the front sections together. Pin the leg sections together at the centre seams from back to the front including through the crotch.

Stitch the leg sections together at the centre seam from back to front as shown.



Waist band casing

Finish the raw edges of the top edge of the shorts section with an overlocker or serger stitch.



Turn the short section wrong sides out.

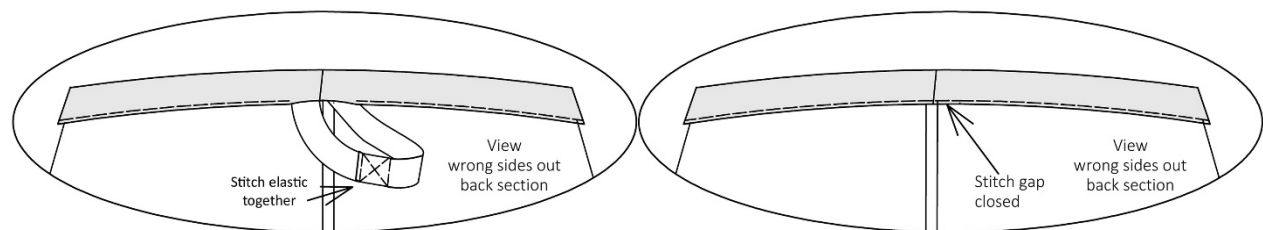
Fold the top edge down 3cm or 1 ¼ inches. I recommend pressing the fold before you pin it.

Pin and stitch the casing at the raw edges and leave a gap of approximately 7cm or 3 inches at the centre back.

Elastic

-Cut your elastic to the length of the instructed in the chart below.

| Elastic | X Small | Small | Medium | Large | X Large | 2 X Large | 3 X Large |
|--------------|---------|---------|---------|---------|---------|-----------|-----------|
| Width 25mm | 66 cm | 71 cm | 76 cm | 81 cm | 86 cm | 91 cm | 96cm |
| Width 1 inch | 26inch | 28 inch | 30 inch | 32 inch | 34 inch | 36 inch | 38 inch |

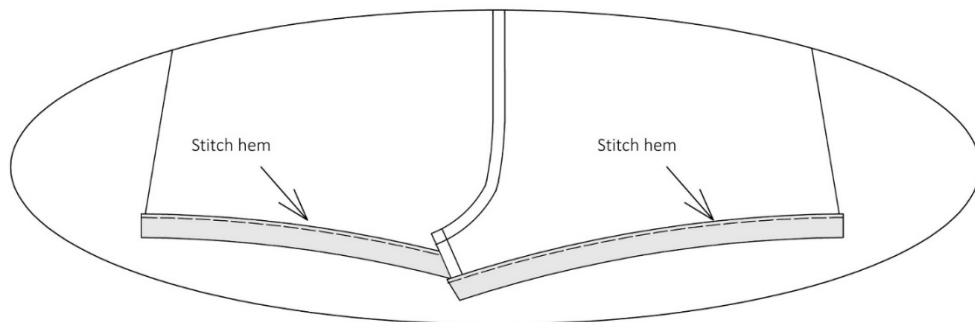


Attach a safety pin to the end of the elastic and begin threading the elastic through the casing. Thread the elastic through the entire casing. Pull the elastic out of the gap, Overlap the ends of the elastic by 2cm or three quarters of an inch.

Pin and stitch the elastic ends together. Slide the elastic inside the casing. Pin and stitch the opening closed.

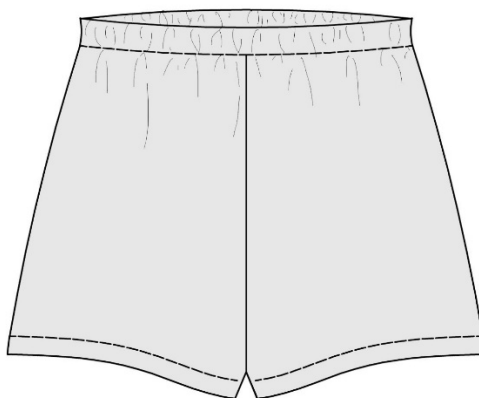
Hems

Finish the raw edges of the leg edges.



Fold & press the raw edges under 2cm or $\frac{3}{4}$ of an inch to form the hems.

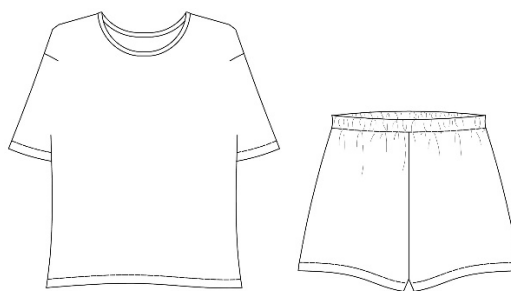
Press and stitch the hems. Stitch close to the edges.



We would love to see your make!

Follow us on Instagram @swimstylepatterns Share / tag us on Instagram #laraloungewearset

Join in the fun of our group chats about sewing, on our Face book group Swim Style sewing patterns.



**SWIM
STYLE**
SEWING PATTERNS

Swimstyle.com.au

Border line 17cm Or 6.69 inches

SWIM STYLE

SEWING PATTERNS

Swim Style pattern
tiles can be printed

on

U S paper & A4 size
paper.

Test tile

Measure printed borders
to verify correct size .
Measure other pattern
tile print borders on
pattern also.

Border line 24cm or 9.44 inches

Border line 24cm or 9.44 inches

Border line 17cm Or 6.69 inches

T

XS

S

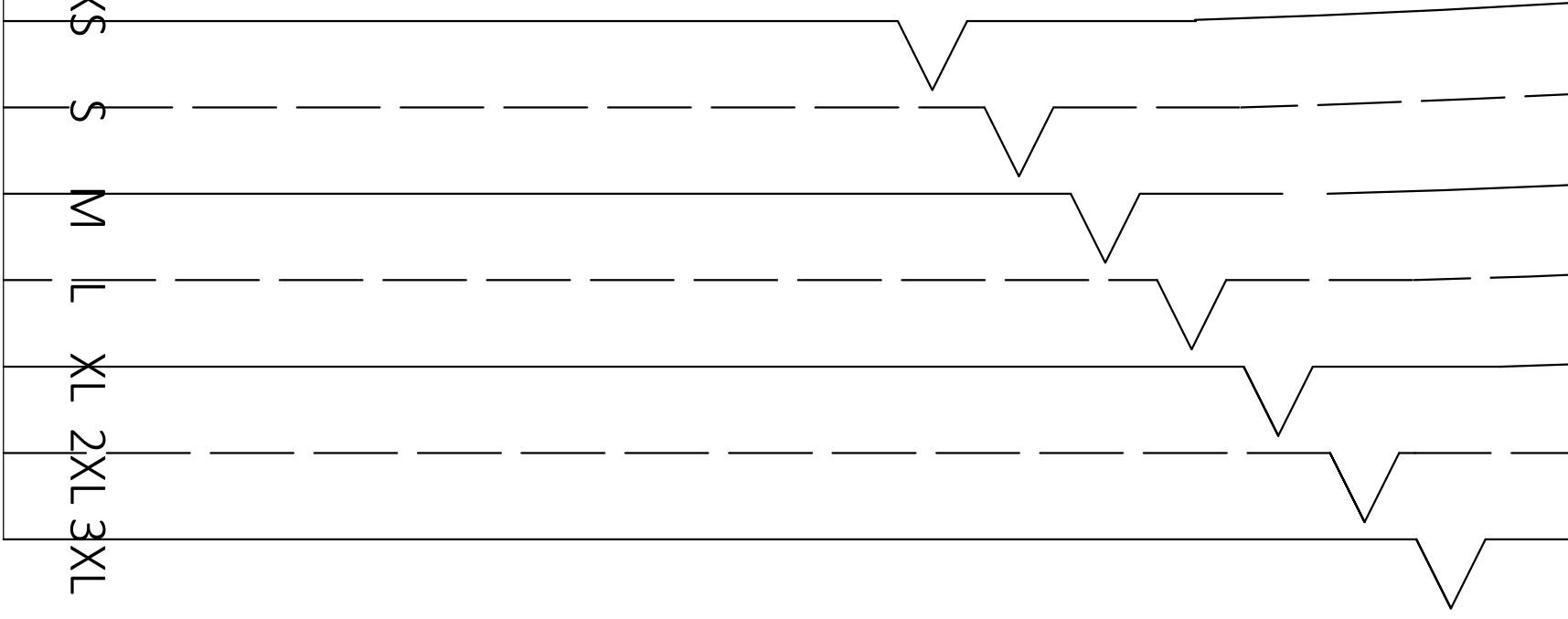
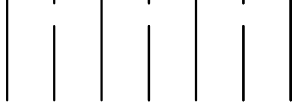
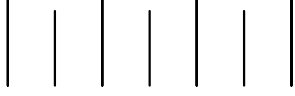
M

L

XL

2XL

3XL



3XL

2XL

XL

M

S

XS

Hip line shorten or lengthen here

3XL

2XL

XL

L

M

S

XS

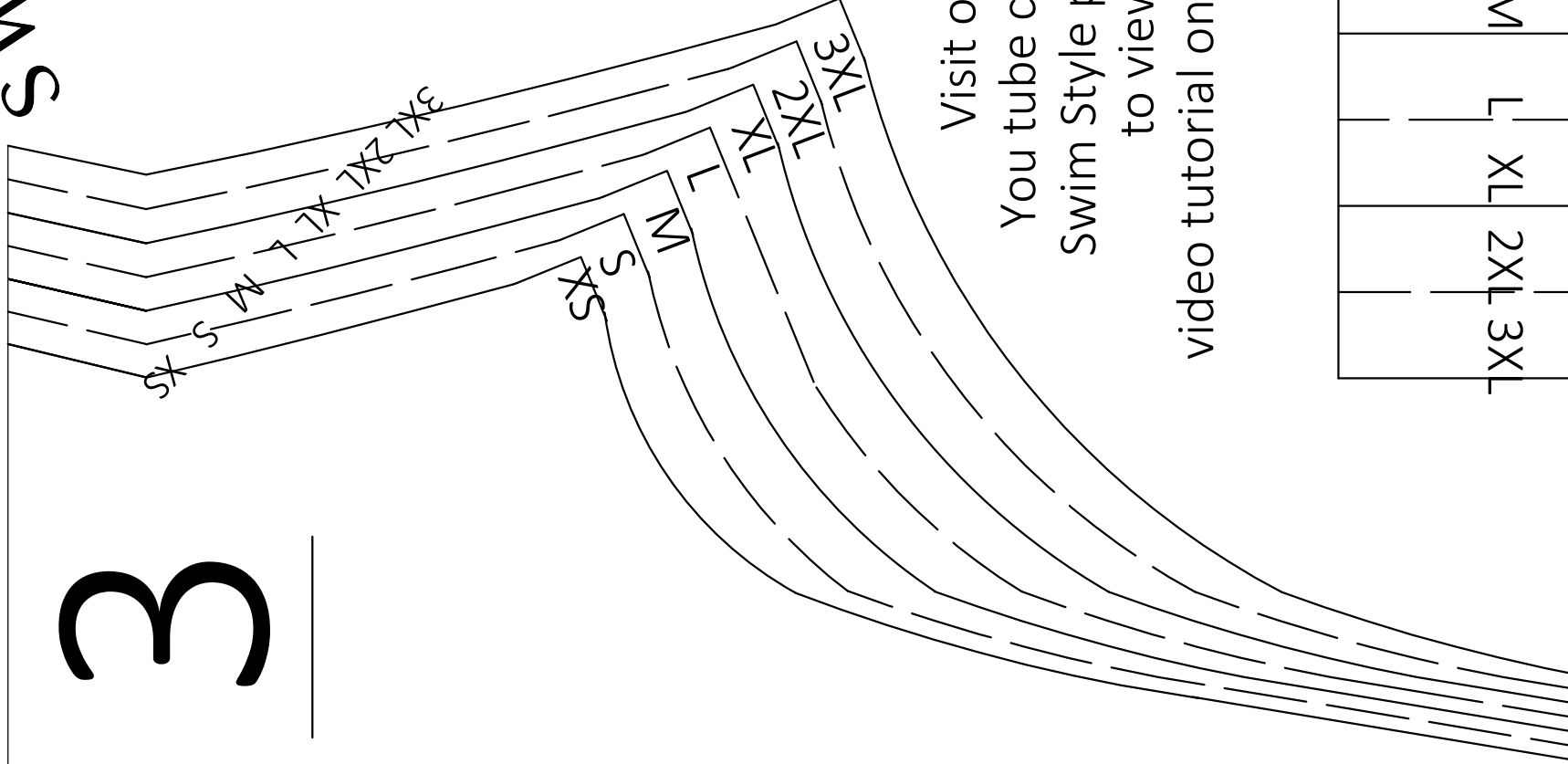
Crotch level

2

3

SWIM STYLE

SEWING PATTERNS



Visit our
You tube channel
Swim Style patterns
to view a
video tutorial on this pattern.

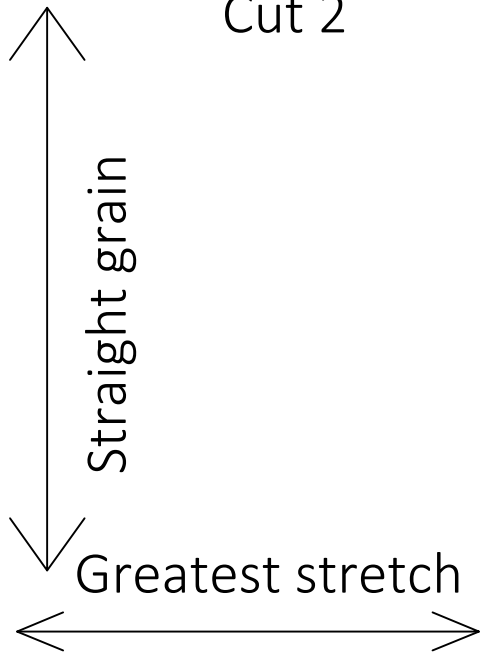
| | | | | | | |
|----|---|---|---|----|-----|-----|
| XS | S | M | L | XL | 2XL | 3XL |
|----|---|---|---|----|-----|-----|

4

This pattern is designed for knit/ stretch fabrics.

This pattern includes a seam allowance of 1cm or $\frac{3}{8}$ of an inch

3XL
2XL
XL
L
M
S
XS



Hem line of the top back section.

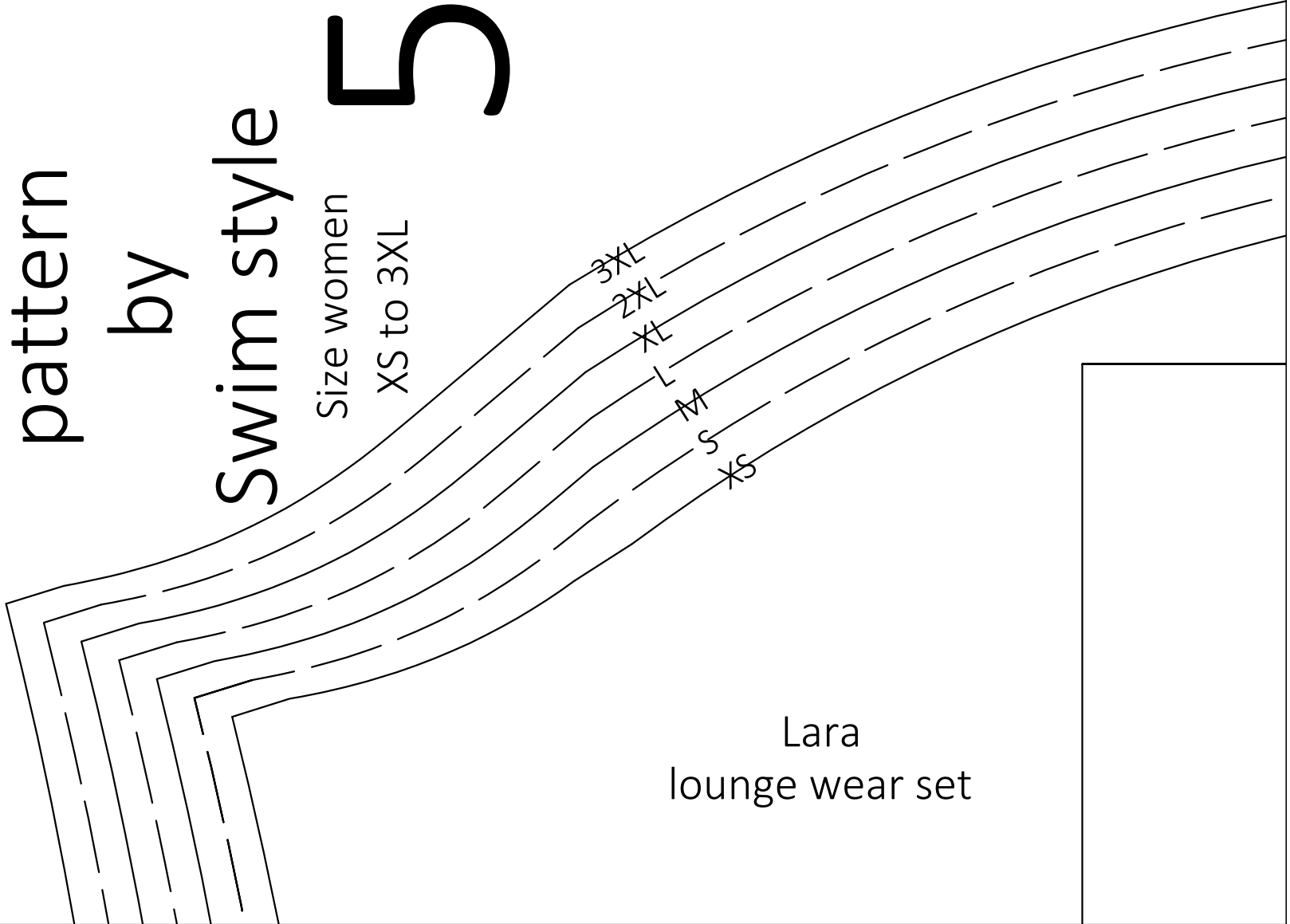
Lara lounge wear set pattern

by

Swim style

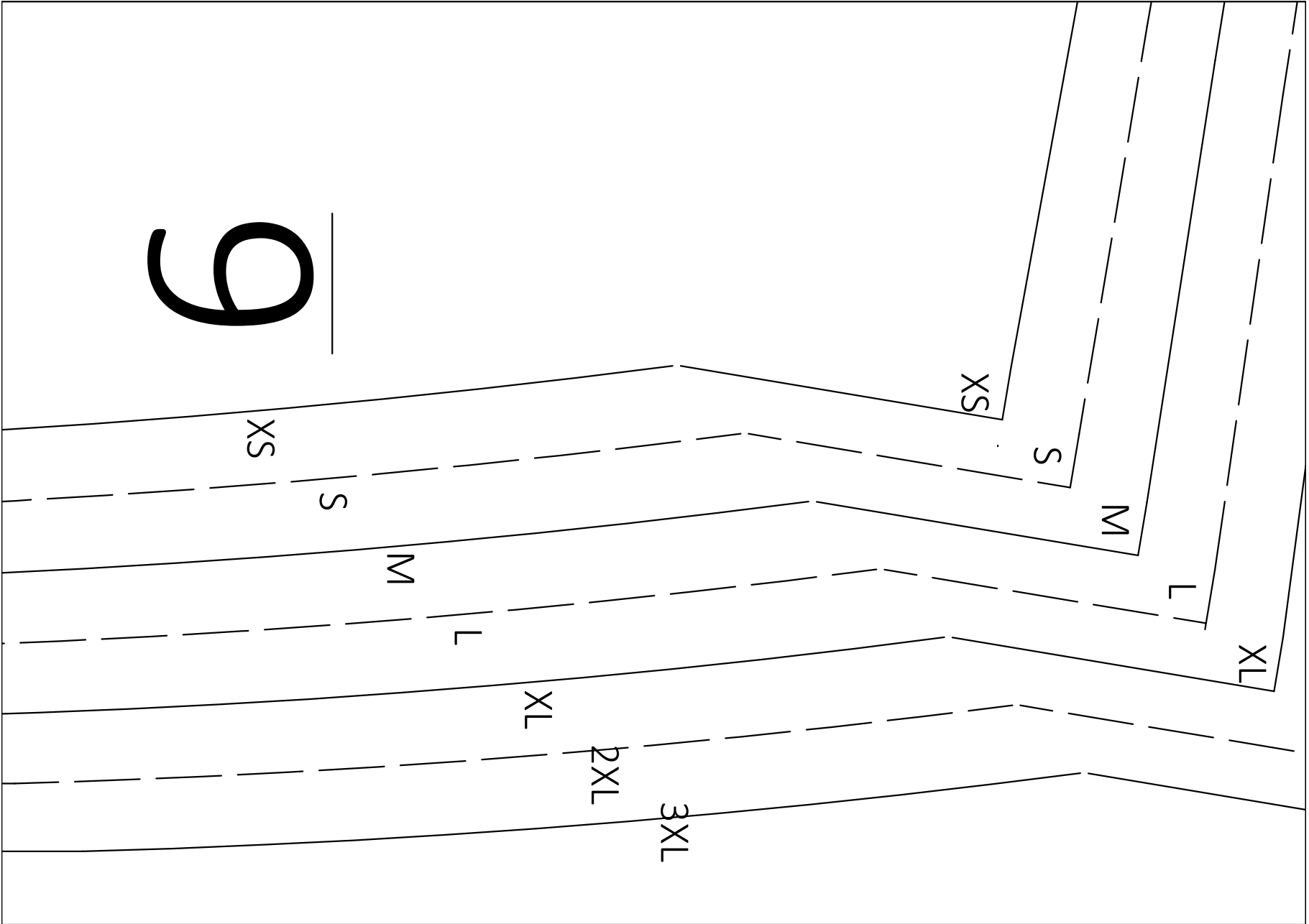
Size women
XS to 3XL

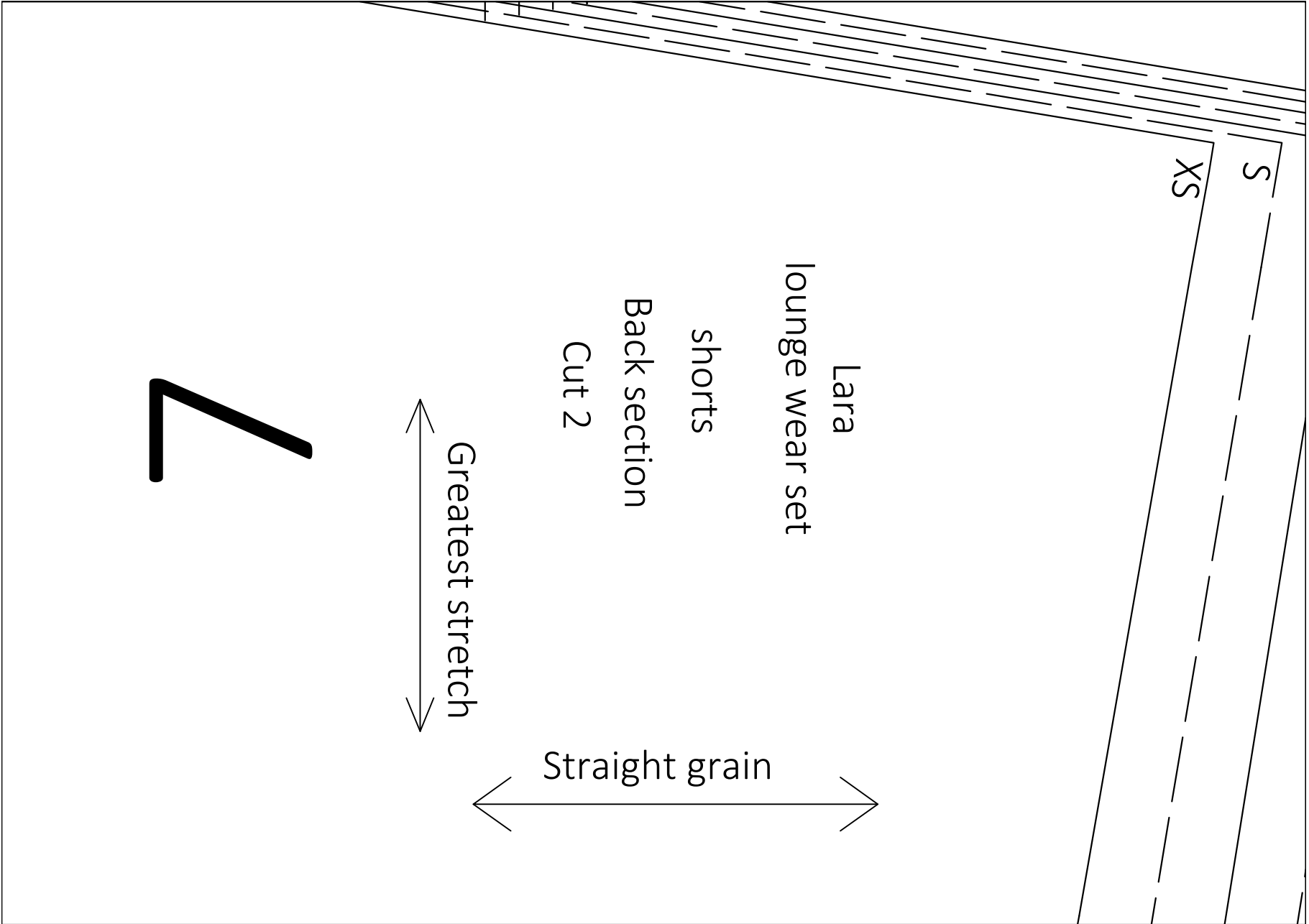
5



Lara
lounge wear set

9





S

XS

Lara
lounge wear set

shorts

Back section

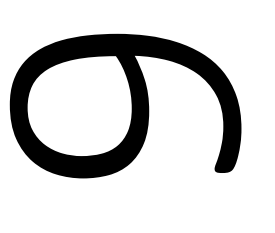
Cut 2

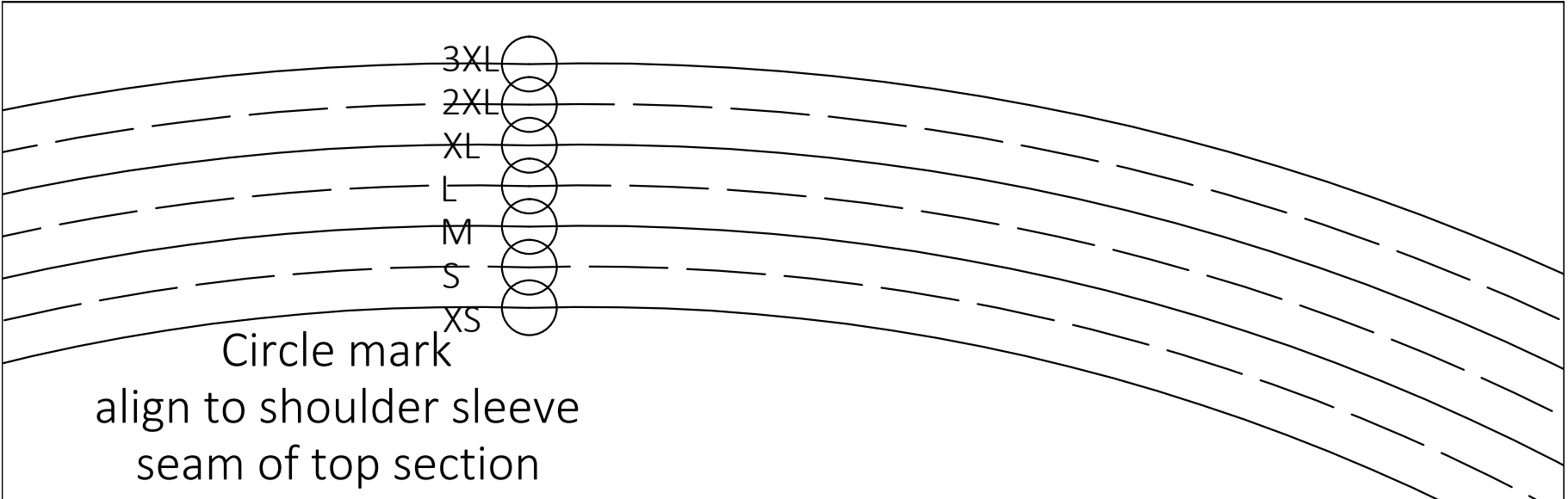
L

Greatest stretch

Straight grain

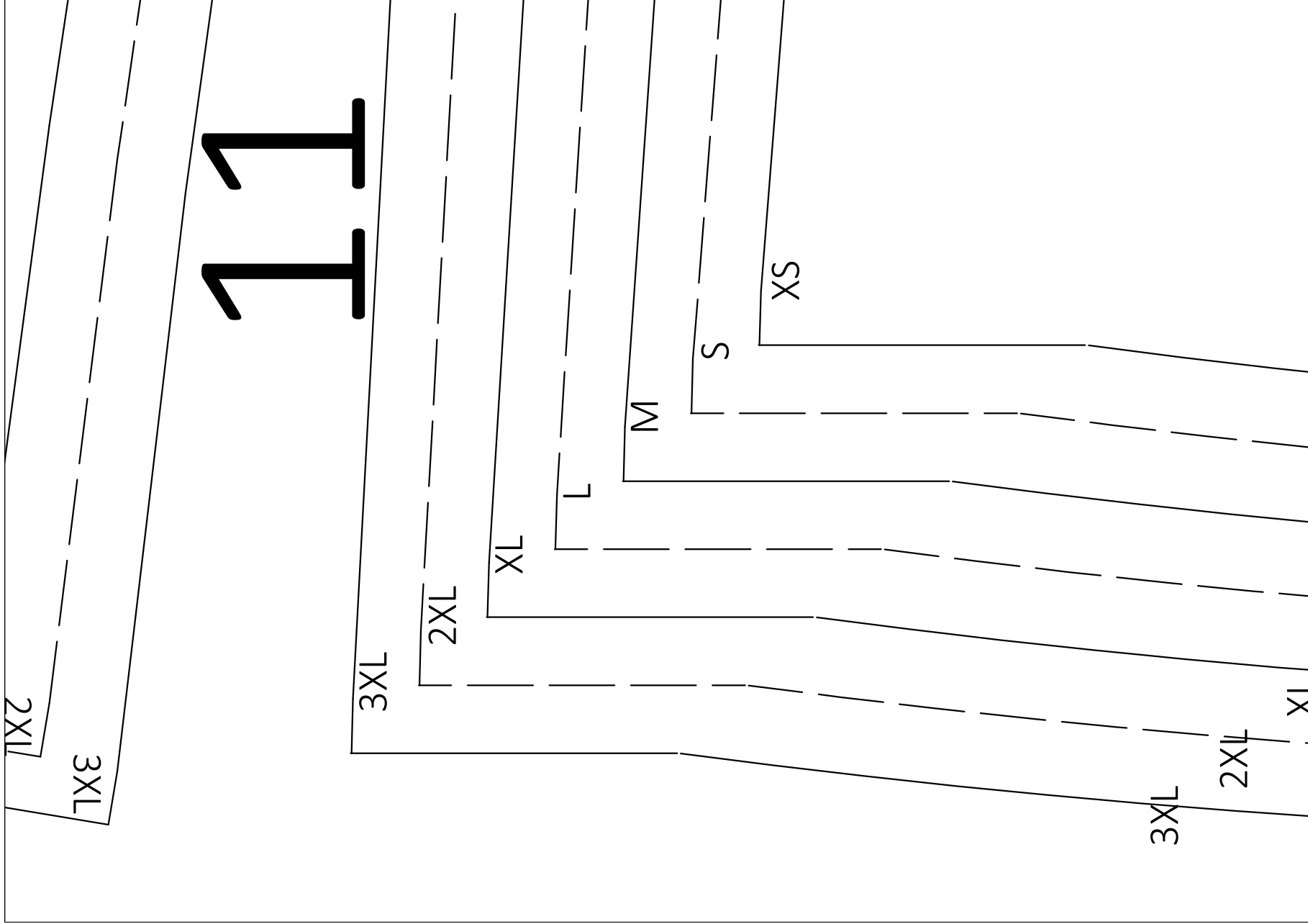
Please note
The sleeve front and back are identical.
Transfer the centre mark to your sleeve
sections to match the shoulder seam of the
top section.





Fold

10



M L XL 2XL 3XL

12

Blank writing area with horizontal lines and a dashed midline.

13

3XL

2XL

XL

L

M

S

SX

Xs

S

M

L

XL

2XL

3XL

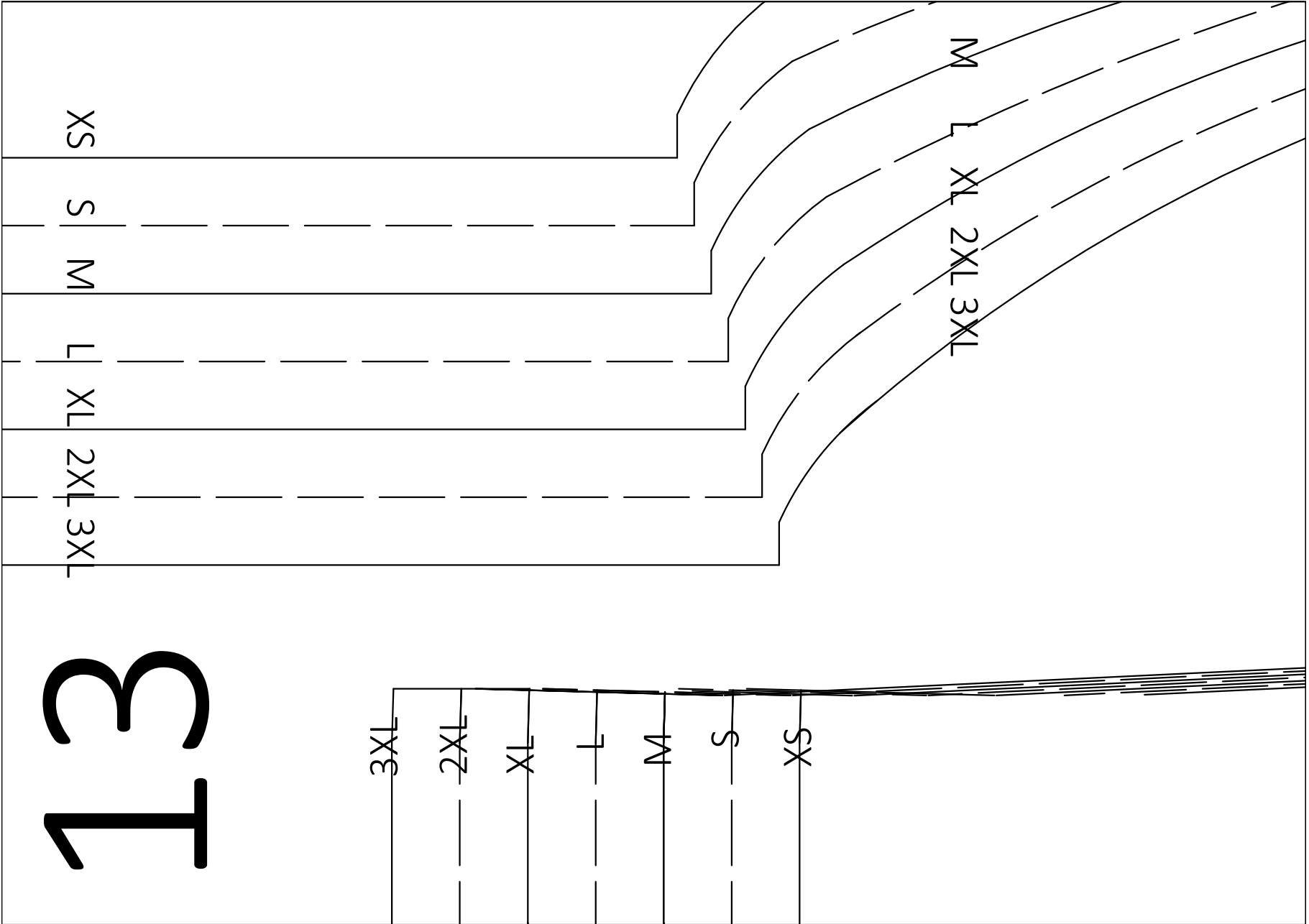
M

L

XL

2XL

3XL



Sleeve
Cut 2

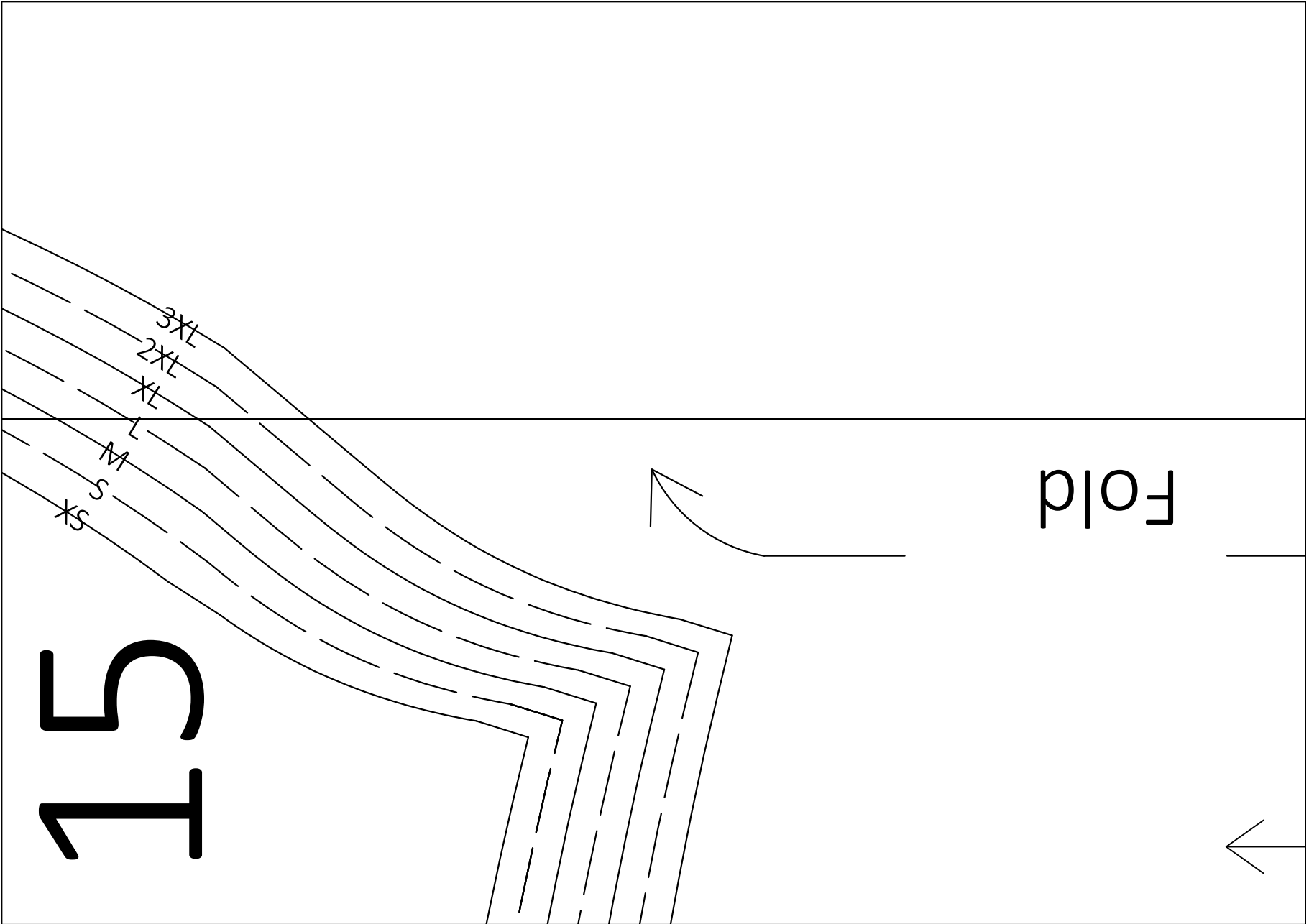
14

XS S M L XL 2XL 3XL

Greatest stretch

XS

S



15

XS

S

M

L

XL

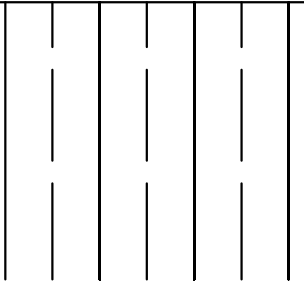
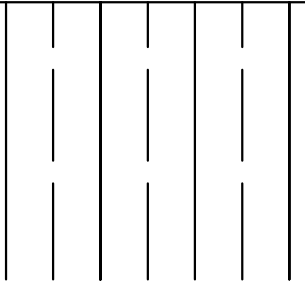
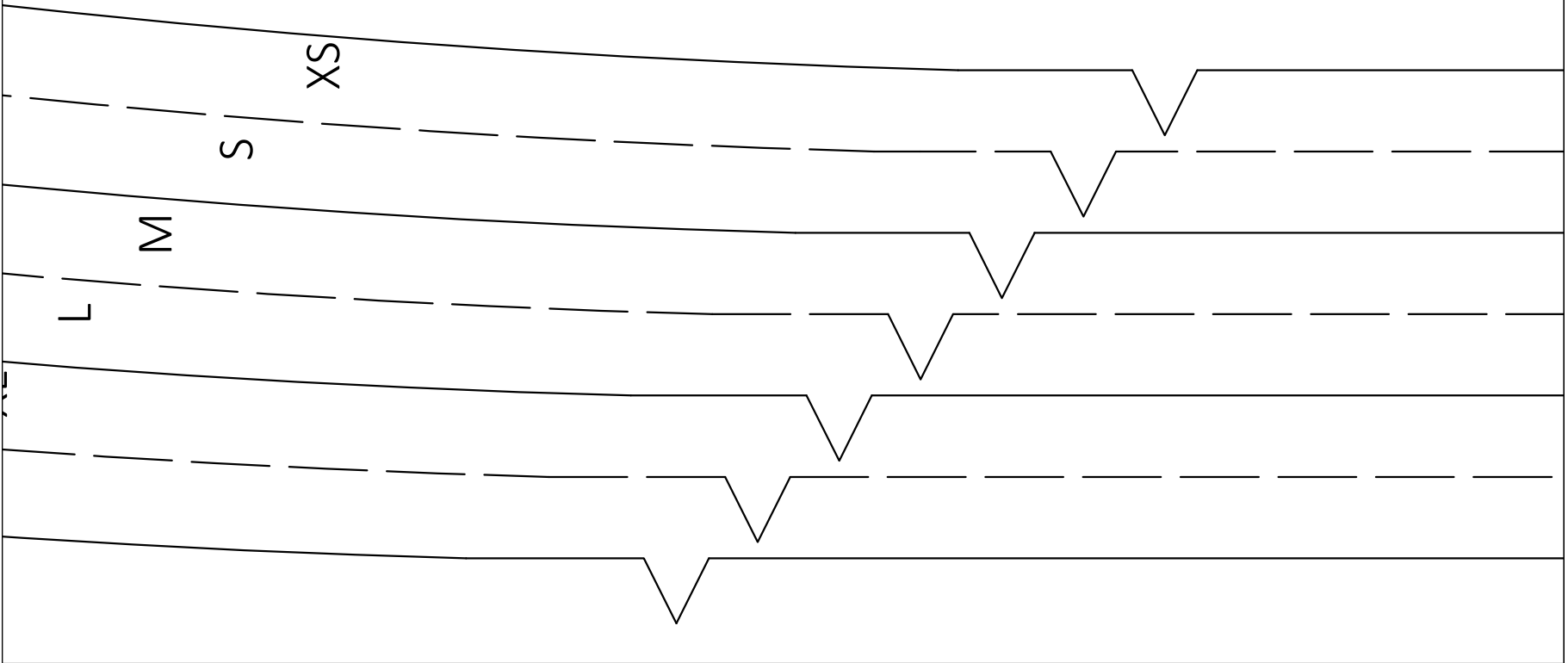
2XL

3XL

Fold

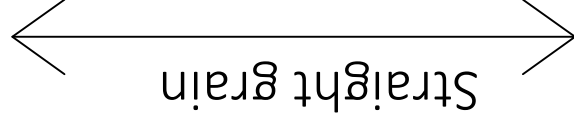


16

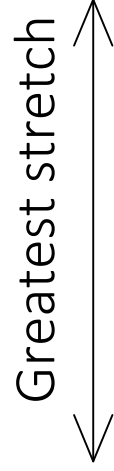


17

Lara
loungewear set
shorts



Front section
Cut 2



Hip line shorten or lengthen here

3XL
2XL
XL
L
M
S
XS

Crotch level

3XL
2XL
XL
L
M
S
XS

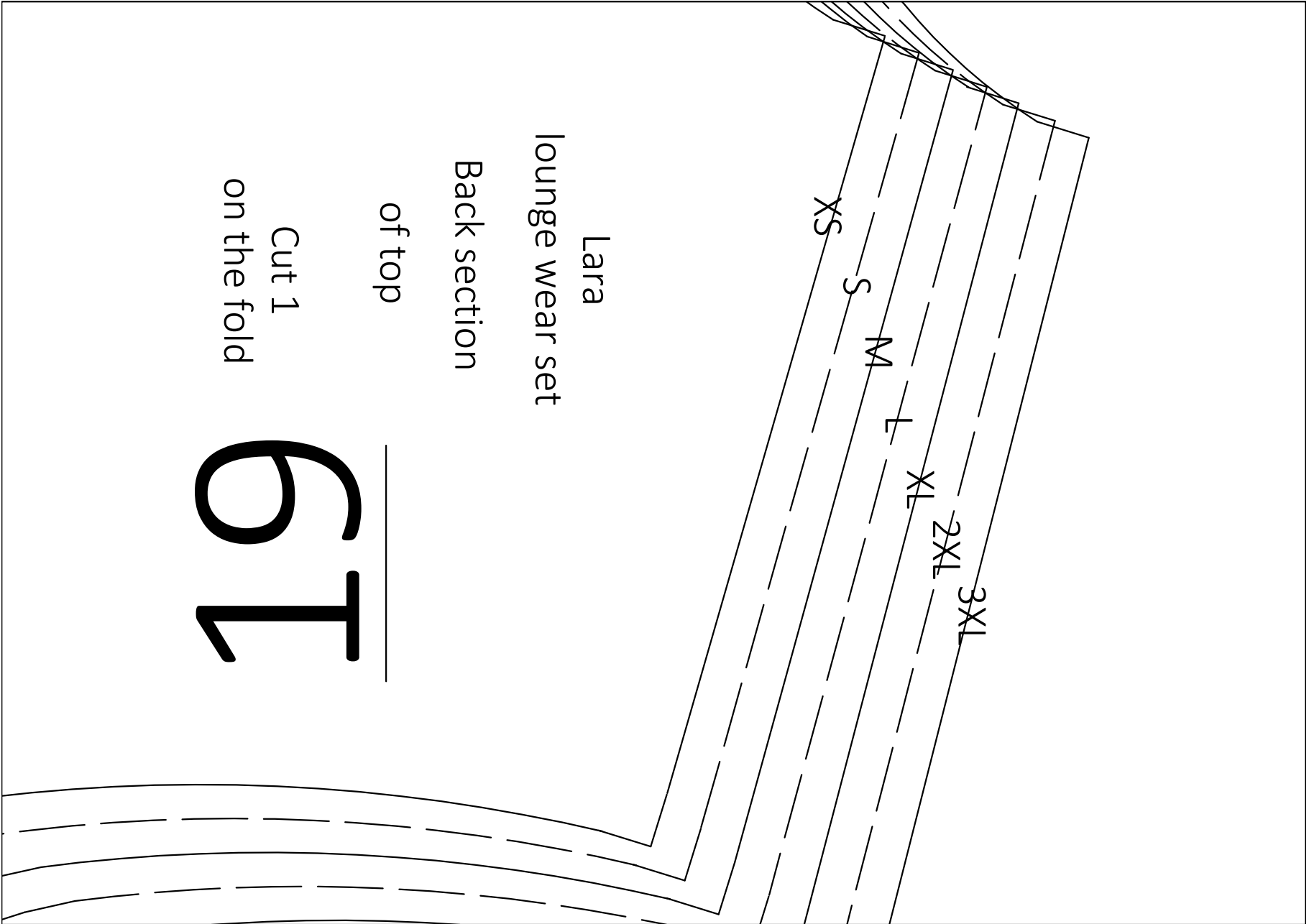
XS S M L XL 2XL 3XL

18

3XL
2XL
XL
L
M
S
XS

Vertical lines for text input

Vertical lines for text input



Lara

lounge wear set

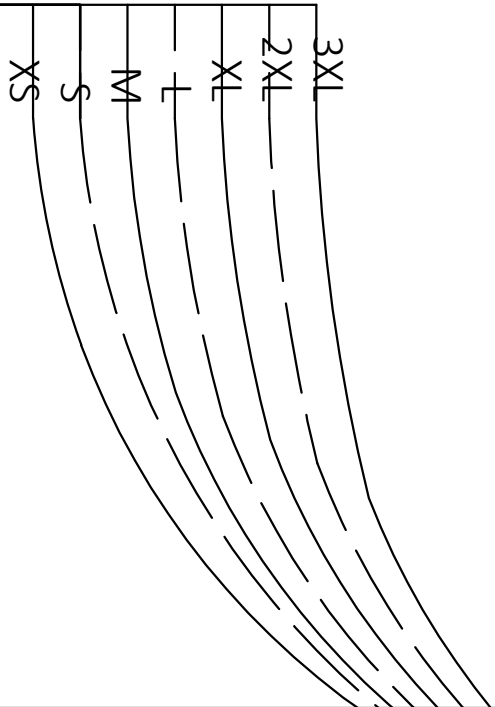
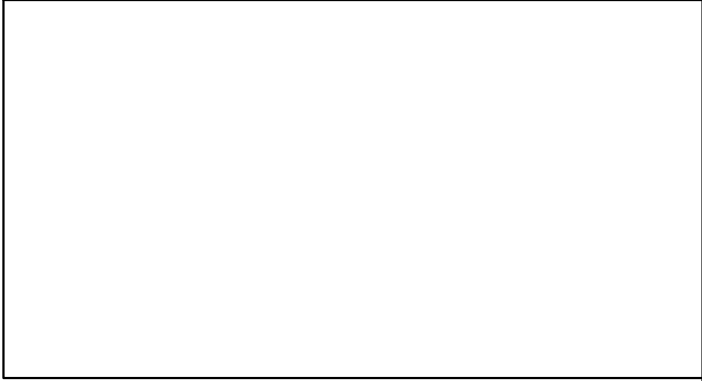
Back section

of top

Cut 1
on the fold

61

20



Straight grain

21

3XL 2XL XL L M S XS

3XL
2XL
XL
L
M
S
XS

SX
S

22

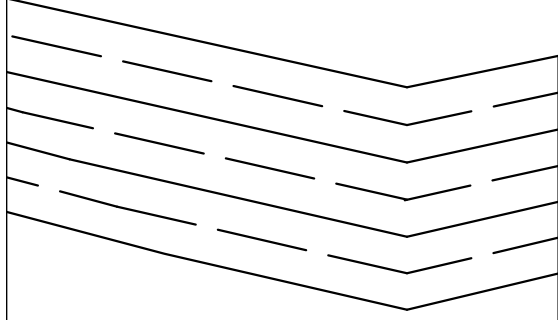
Fold

Lara
loungewear set

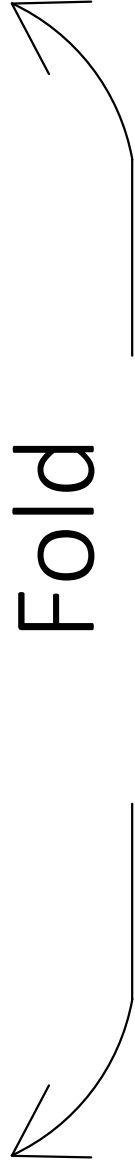
Front section
of top

Cut 1
on the fold

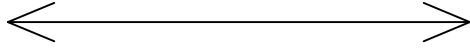
23



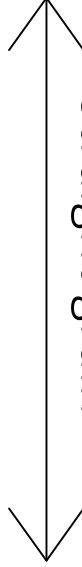
Fold



Greatest stretch



Straight grain



24

This pattern is designed
for knit/ stretch fabrics.

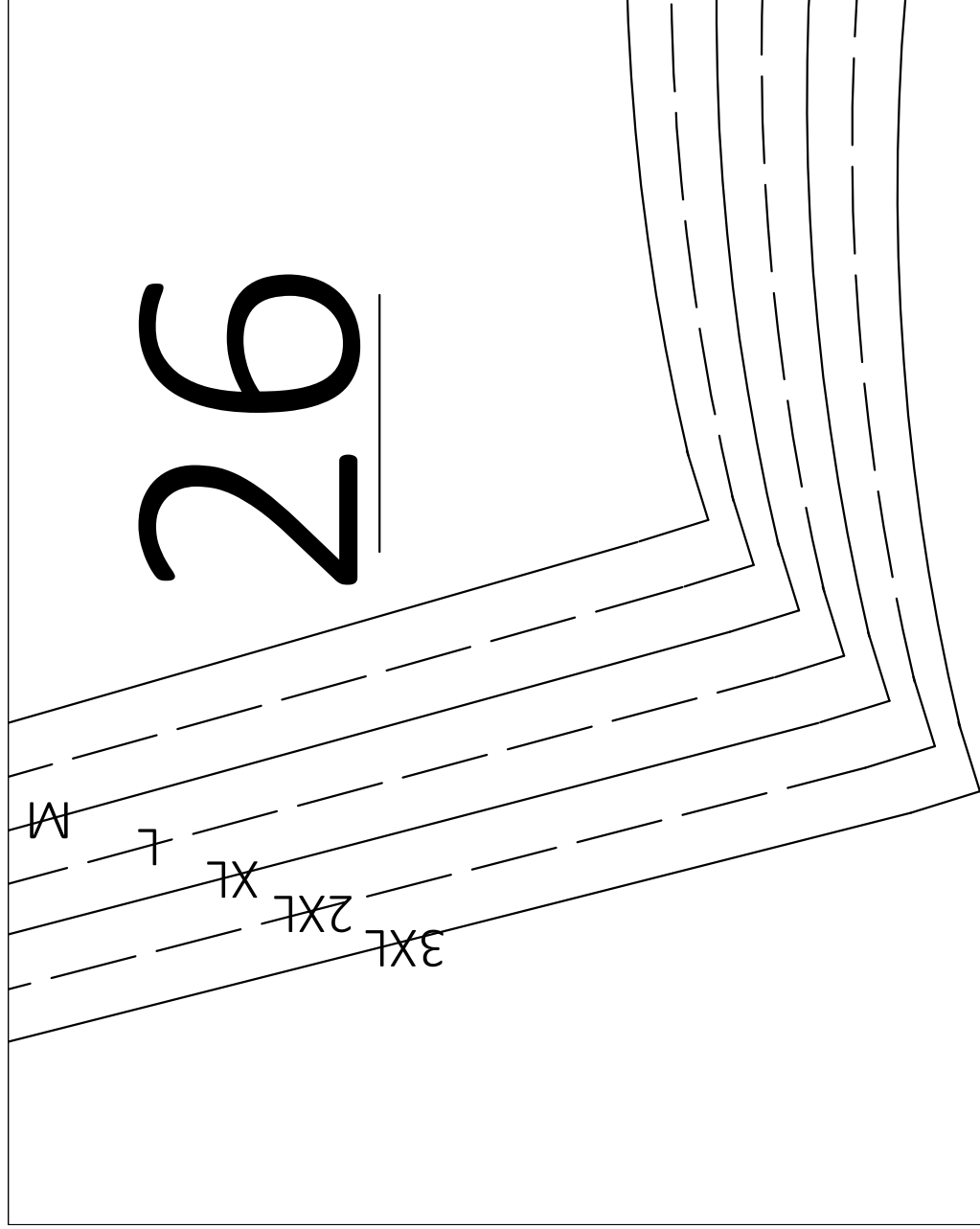
This pattern includes a seam allowance of
1cm or $\frac{3}{8}$ of an inch

Fold

25

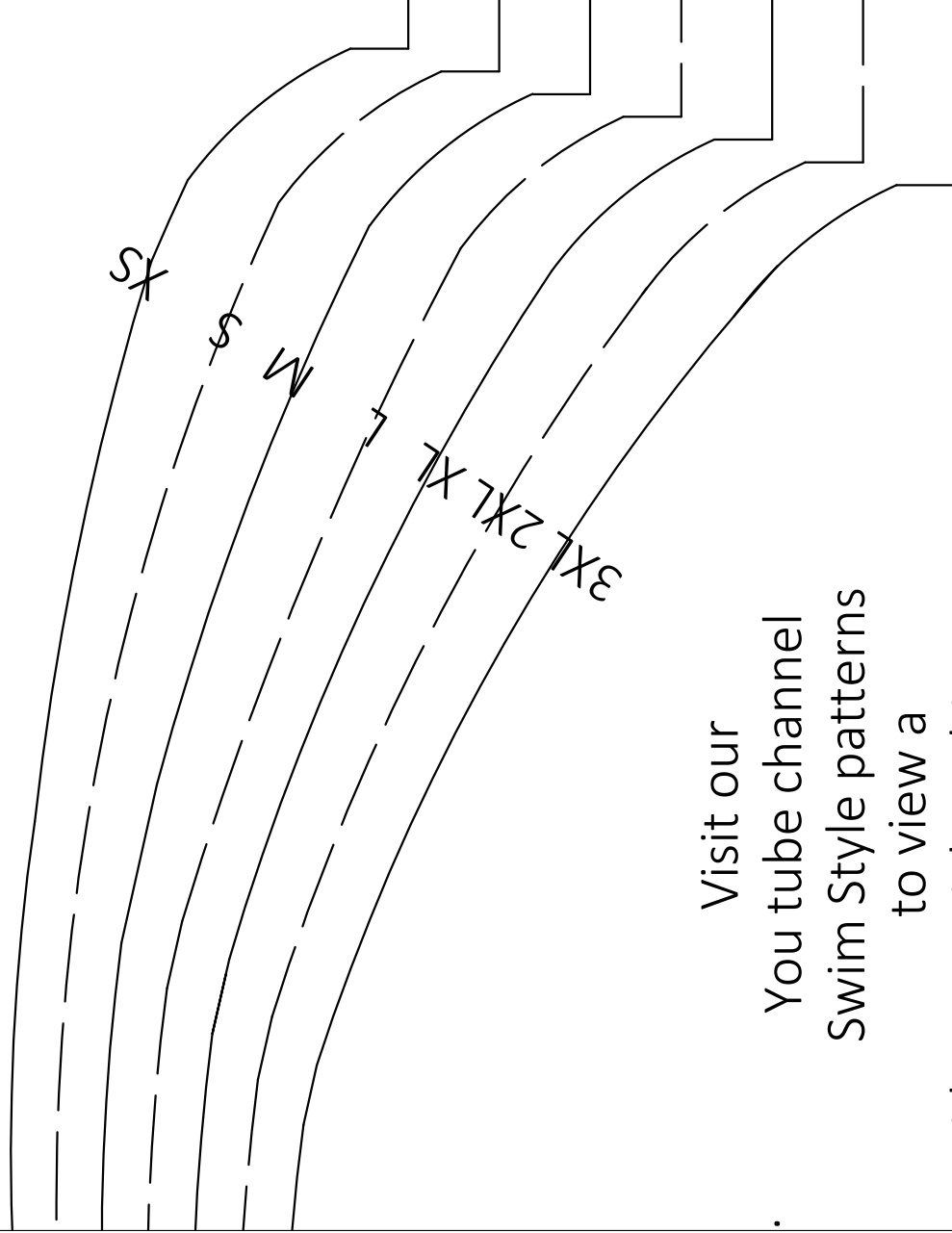
↔
Greatest stretch

↕
straight grain



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to view a
video tutorial on this pattern.

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SX

S

M

L

XL

2XL

3XL

29

| | | | | | |
|--|--|--|--|--|--|
| | | | | | |
|--|--|--|--|--|--|

Lara lounge wear set
Neck band Cut 1
top section

| | | | | | | |
|-----|-----|----|---|---|---|----|
| 3XL | 2XL | XL | L | M | S | SX |
|-----|-----|----|---|---|---|----|

30

| | | | | | | |
|-----|-----|----|---|---|---|----|
| 3XL | 2XL | XL | L | M | S | SX |
|-----|-----|----|---|---|---|----|