



Imperial Society of
Teachers of Dancing

Dance Exchange 2025

A full day of CPD workshops and inspiring lectures
on Disco Freestyle, Street Dance and Rock n Roll



Sunday 14 September

The Elgiva Theatre,
St Mary's Way, Chesham, HP15 1HR



Imperial Society of Teachers of Dancing

- Don't miss the chance to network with other teachers
- Receive advice directly from the DFR Faculty committee
- Discounted purchase on the DFR Set Dances 2026
- Celebrate dancing in a live venue

Early bird rates before 31 July

Members £55

Student teachers £60

Standard rates from 1 August

Members £65

Student teachers £70

Non-members £80

For more information, please visit our website www.istd.org/events/dance-exchange-2025
or email us at dfr@istd.org

Timetable Doors open 08:45

Time	Level	Lecture title	Lecturer
09:00	All	Warm Up	Sophie Norton
09:30	Beginners	Beginners House	Vicki Stavrinou
10:00	Bronze/Silver	Making the change – Bronze to Silver Freestyle	Rachel Glen
10:30	SDT	Mini lecture: Rock n Roll SDT level	Zara Tree
10:45	Pre-Bronze	Mini lecture: Rock n Roll Pre Bronze level	Zara Tree
11:00	Advanced	Advanced House	Vicki Stavrinou
11:45	All	Keep in Line business opportunity	Paul Streatfield
12:30	Lunch		
13:15	All	Business Lecture: Bold branding, Big impact	Lucie Selby
14:00	All	Step up to the Competition	Oliver Lashbrook
14:30	All	Team time	Gail Henry
15:00	Gold star	Gold Star Slow	Dexi Rowland
15:45	All	Set Dance 2026 Presentation	Maria Howse
16:15	All	Cool Down	Sophie Norton
16:30	All	Finish	