



Imperial Society of
Teachers of Dancing

Dance Exchange 2026

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

Sunday 13 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 2027
- Celebrate dancing in a live venue

Early bird rates before 30 June

ISTD Members
(Full, Provisional and Affiliate) £60

Standard rates from 1 July

ISTD Members
(Full, Provisional and Affiliate) £65
Non-members £85

For more information, please visit our website <https://www.istd.org/events/dfr-dance-exchange-2026/>
or email us at dfr@istd.org

Timetable Doors open 08:45

Time	Lecture title	Lecturer
09:15	Warm Up – all levels	Mia Simpson
09:30	Bronze to Silver Freestyle	Emma Mannion
10:00	Street: solos for competitions	Yaw Darko
10:45	Grade 4 Freestyle Syllabus	Joanna Bevan
11:15	Bronze & Below Slow routine	Daisy-May Ayling
11:45	U6/U8 Class presentation	Anna Knowles
12:15	Lunch	
13:00	Teacher's support: Q & A	DFR & Street Dance Committee
13:30	Rock n Roll teaching methods for Gold Star	Mandy Pearce
14:00	Dance Etiquette for exams & competitions	Paul Streatfield
14:30	Gold Star – Fast for use in class	Laura Rampton
15:15	Set Dance 2027 presentation & learn some routines	DFR & Street Dance Committee
16:00	Cool Down: all levels	Mia Simpson
16:15	Finish	