

## Performance Lessons for Teens Across Canada

While there are thousands of reputable creative arts centers, acting and performance coaches, and other options for teens to access acting lessons or participate in live performances across Canada, it is impossible to include every wonderful option in every city here. Below, we have compiled select performing arts, community, or creative centers in which teenagers can access performance or acting lessons in the capitals and select major cities across Canada. We recognize there are many professional or extracurricular options available not listed here, but we believe these resources provide an excellent starting point for teenagers and youth across Canada who wish to take acting or production lessons or participate in a theatre performance or production.

### Halifax, Nova Scotia:

- Neptune Theatre: Billing itself as “Atlantic Canada’s top destination for live, professional theatre”, this company offers a wide range of programs, from professional live shows to a theatre school for children, teens, and adults. This school’s mission is to “provide safe and accessible arts education to everyone in our community”. Their programs range from all ages in weekend, school break, and summer camp classes to teen or adult specific programs. The teen-only programs are for youth aged thirteen to eighteen and are geared towards pre-professional teenagers who are looking for more advanced programming. They offer two main programs for teens in this pre-professional arena, The Youth Performance Company (ages thirteen to eighteen) and Prep (aged sixteen and over). The Youth Performance Company is an intensive training program in which teens need to audition and pay a fee for one of the three sub-programs, Boot Camp, Productions, and Rewritten. Prep focuses on advanced training for teens aged sixteen and over who have a goal of pursuing a post-secondary theatre education. It encompasses a curriculum to train teens for auditions for higher education and teaches them theatre and movement skills in addition to auditioning and application skills.
- Website: <https://www.neptunetheatre.com/>
- Stagecoach Halifax
- Website: <https://www.stagecoachschools.ca/halifax-ca?https://www.stagecoachschools.ca/halifax-ca&gclid=CjwKCAjw-rOaBhA9EiwAUkLV4kSufEM-G68vANnAoLnQAtN4nuD3FV INdC952Rd1w32BnCO4QwUDxoCc1cQAvD BwE>

## Fredericton, New Brunswick:

- Theatre New Brunswick: One of Canada's oldest and longest running regional theatre companies is Theatre New Brunswick. They offer a wide range of theatre services, from live theatre to training sessions and workshops, a podcast, and well as a theatre school for students in K-12 to study acting, musical theatre, and playwriting. They put on professional performances each year not only with their adults, but also with the children in the school, and the middle and high school students in the school. Theatre New Brunswick also offers a program called the Young Company, which prides itself on "introducing school-age students to the magic of musical theatre". This program travels across the province to elementary, middle, and high schools, putting on live performances in public schools who may have never seen professional produced theatre before, and often serves as a small community's only access to live professional theatre. In addition to the touring live performances the Young Company also offers the Young Voices workshops. These workshops are offered to students in one-hour virtual sessions including a provided study guide with activities and exercise for students to complete outside of the session. Workshops offered in this program vary, though currently they focus on playwriting and include Playwriting 101, Monologue Writing, and The Story Within.
- Website: <https://www.tnb.nb.ca/>
- Branch Out Productions
- Website: <https://www.branchoutproductions.ca/>

## St. Johns, Newfoundland:

- The Performing Arts Group: The Performing Arts Group in St. Johns, Newfoundland offers a wide variety in programming and classes to encourage children and adults to become involved in performance arts, and ensure all young performers get equal parts, stage time, and lines. Their goal is to "immerse young artists into the world of entertainment, which in turn will promote teamwork, self-confidence, and development in the performing arts". These programs include topics in musical theatre, acting, improv and movement, stage makeup, acting on film, acting on stage, and method technique. Their acting classes are offered by age, for children, tweens, teens, and adults separately, with teen classes being offered to those aged thirteen to sixteen. They also offer a one-week camp in two sessions, one for children and one for tweens aged eleven to thirteen called Camp Hollywood that teaches young artists about acting techniques for theatre, singing, movement and dance, mask art, costuming, bringing story time to life, and more. The Performing Arts Group also offers a variety of film production classes and more within the realm of performance arts.

- Website: <https://theperformingartsgroup.ca/>
- Theatre Newfoundland Labrador's Youth Theatre Classes
- Website: <https://www.theatrenewfoundland.com/shows/youth-theatre-classes-2021/>

### Charlottetown, Prince Edward Island:

- Confederation Centre of the Arts: Charlottetown's Confederation Centre of the Arts prides itself on being a place to celebrate Canada's history and multicultural character, where people's talents are nurtured. They offer live performances as well as programs for visual and performing arts, and the building spans an entire city block encompassing theatres, an art gallery, and more. Classes for teens specifically are limited, though they offer a post-secondary Advisement in the Arts workshop geared to older teens that offers advice, help, and resources to teens who are interested in pursuing the arts after high school. This workshop offers expertise with panelists involving information on art discipline post-secondary program availability, budgeting and grant writing basics, and information and resources for various career pathways. Additionally, The Confederation Centre of the Arts offers school programs such as class tours for schools, art discovery days, and education tours.
- Website: <https://confederationcentre.com/>
- The Guild: The Guild is a non-profit and registered charity and cultural hub with a goal to engage new, emerging, and professional artists, creative industries, and community organizations. It is a venue and stage for artists to exhibit their art, and promotes inclusivity, accessibility, and entertainment. Though not teen-specific, they offer acting classes that change and rotate topics over time and put on live performances that include adults and teens.
- Website: <https://www.theguildpei.com/classes>

### Toronto, Ontario:

- Milne Acting Studio Canada: This acting studio promises to help student elevate their acting craft and acting career through a variety of programs including virtual or in-studio acting classes, helping to create a media reel, film and television acting school, career counseling, and various acting classes, workshops, and coaches. For teenagers specifically, they offer virtual or in-studio acting classes for teens aged thirteen to sixteen for beginner, intermediate, and advanced students, that immerse them in character creation, scene study, monologues, and audition technique. Additionally, they offer Teen Filming Intensives that help teen performers with the foundations of acting, and techniques to analyze and breakdown scripts. The Milne Acting Studio Canada aims

to help teens strengthen their acting skills helping to build challenges and comfort in acting over time.

- Website: <https://milnestudio.ca/>
  
- Children's Arts Theatre School
- Website: <https://www.catsdrama.com/>

### Regina, Saskatchewan:

- The Globe Theater: The Globe Theater's mission is to encourage its young students to "indulge in imaginative play and pretend" while helping students grow their artistic muscles and build on their creative expression. While classes are offered to children, teenagers, and adults, only teens and adults are invited to perform in professional settings, though all are encouraged to challenge themselves in new ways. Their teen-specific programming provides the teen students with a foundation in which they feel confident to write, act, and improvise though a positive group environment. The Globe Theater offers regular classes as well as two-week summer sessions to teens aged twelve to sixteen or aged eleven to thirteen, helping teens learn to hone their acting and performance skills and to rely on their peers as partners and collaborates. Though class offerings vary, each student will be encouraged to creatively express themselves, and will learn to utilize scripts, improvisation, writing, movement, sounds, and each other in the acting and performances.
- Website: <https://globetheatrelive.com/>
- Conservatory of Performing Arts: The Conservatory of Performing Arts is available through the University of Regina and offers group or private classes, day camps, and special events in dance and movement, music, visual arts, and musical theatre and drama for early learners through older teenagers. Their teen-only programs include Advanced Glee, where students hone skills of dance, singing and performance, for teens aged twelve through seventeen; Showtime, a performance-based class with performances of one act plays, for teens aged ten through sixteen; and various theatre workshops for teens aged ten through sixteen where students learn new acting and performance skills to prepare for their theatre career.
- Website: <https://www.uregina.ca/cce/conservatory/>

### Victoria, British Columbia:

- Kaleidoscope Theatre for Young People: This theatre offers shows and events, programs and resources for educators, and a theatre school at Kaleidoscope's Performing Arts

Studio. The theatre school aims to nurture young performers' creativity and build skills that benefit them both on and off stage. They offer programs ranging from young ages to teens for students in performance and acting classes, summer camps, and other private or group lessons focused on various aspects of performance. Their teenager specific classes offered include improv for teens aged twelve to fifteen, teen musical theatre for teens aged thirteen to seventeen, and teen acting for teens aged thirteen to seventeen. Additionally, they offer the Kaleidoscope Young Company, an audition-only pre-professional program for teens aged thirteen through eighteen that provides students with fundamental acting training and specialty workshops to help students develop their skillsets as a performer. The Kaleidoscope Theatre for Young People is a Professional Theatre Company and a member of the Professional Association of Canadian Theatres.

- Website: <https://kaleidoscope.bc.ca/#>
- SKAM School of Performing Arts:
- Website: <https://skam.ca/>

#### Edmonton, Alberta:

- The Dance Theatre Performing Arts: Though called a Dance Theatre, this performing arts center offers a wider range of classes and events for children, teens, and adults ranging from dance to voice to drama and acting. They teach each type of class separately, though create them to be inter-related in order to put on a full musical theatre production at the end of their season. They offer two types of theatre arts-specific classes; Drama which helps develop dramatic skills through games, improv, and script work; and Musical Theatre, which is a more vocal class geared towards developing proper singing techniques. Options are also offered to take classes in all available performing disciplines rather than focusing on one in particular.
- Website: <http://www.edmdancetheatre.com/>
- Workshop West Playwrights' Theatre:
- Website: <https://www.workshopwest.org/>

#### Québec City, Québec:

- Ecole D'acteur de Québec: This acting school offers part-time professional training for actors and actresses and takes pride in being the only part-time school in the region. Their acting classes for young people range by age, for those aged eight to twelve, thirteen to fifteen, and sixteen and up, as well as separate adult classes. For teenagers,

the program is completed over a span of four years, where classes are held once a week during the school year. Each of these four years has a different theme aimed at helping the students develop their creativity and talents in their own interpretation. Topics that are addressed in this program include acting on camera, theatre classes, improvisation, diction and voice, movement workshops, stage fright control, stage makeup, film set techniques, hearing coaching, stage techniques, professional ethics, placement, and ends in a performance. Additionally, they offer various training opportunities for actors aged thirteen or over who would like to be actors/models which touch on topics for such as comfortability on stage, in front of a camera, and the public, gait and posture, stage techniques, photo techniques, make up, communication, diction and speaking, professional ethics, self-image and confidence, and ending in a fashion show performance.

- Website: <http://ecoleacteur.com/>
- Studios Tapis Rouge
- Website: <https://www.studiostapisrouge.com/cours/theatre/>

### Winnipeg, Manitoba:

- Manitoba Theatre for Young People: This theatre company created professional theatre productions for children and families and delivers theatre education programs that concentrate on using theatre as an educational tool. It's theatre schools helps children and teens learn the craft of theatre and related disciplines, and offered free classes in theatre to Winnipeg's Indigenous Youth. Their courses that are offered specifically to teenagers help teens to hone their acting skills, build confidence, and create meaningful relationships. The topics range from learning to act on stage or screen, learning how to audition for a performance company or play, and work on improvisational comedy. They have classes for teenagers aged thirteen to eighteen, with a variety of age groupings for each type of class offered. Their musical theatre classes are offered for students ranging from age seven to eighteen, with teen-specific groups of ages thirteen and fourteen, and fifteen through eighteen. Additionally, they offer afterschool programs and outreach workshops for children and tweens, and the Native Youth Theatre offers free acting courses for young Indigenous actors aged eight through twenty.
- Website: <https://mtyp.ca/>
- The Children's Acting Center
- Website: <https://childrensactingcenter.com/>

## Yellowknife, Northwest Territories:

- Northern Arts and Cultural Center: The Northern Arts and Cultural Center (NACC) is a non-profit organization that works to support agency for northern, national, and international artists through community programs. In addition to their nearly 300-seat theatre that hosts frequent shows and events, they offer educational workshops and mentorship to performing artists. The NACC boasts itself as an integral and vital part of the NWT community, hosting festivals and serving as an open and accessible center for the arts and artists. Among their offerings include programs for dance, music, and storytelling with different focuses on general, youth, and aboriginal content, and special trainings and education opportunities for various types of young artists.
- Website: <https://www.naccnt.ca/>
  
- Bella Dance Academy
- Website: <https://www.belladance.ca/copy-of-youth-expressive-arts-theatre>

## Whitehorse, Yukon:

- Yukon Theatre for Young People provides live music, theatre, and musical theatre performance opportunities for Yukon youth aged ten to nineteen. They put on a full-length Broadway musical every year performed entirely by youth and offer various programs and free workshops throughout the year to help young people find a safe space to learn and express themselves, as well as special programs offered for young people aged 15-20 that offers not only an opportunity to perform, but to provide “positive, engaging, and creative theatre-making opportunities” designed to develop leadership and mentorship skills. The Yukon Theatre for Young People put together and perform plays and musicals performed entirely by students, as well as unique and independent plays and musicals performed by a larger ensemble. In their On Stage Program, teenagers are given the opportunity to audition and perform in a show selected in consultation with the youth steering committee. This program is open to people ages thirteen to eighteen who are entering or currently in high school and has an intensive rehearsal and practices schedule. Additionally, they offer mentorship opportunities in their Backstage Program, in which they work in conjunction with the Yukon Arts Centre to deliver different aspects of performance. Teenagers in this program will work to gain skills and abilities about technical aspects of theatre, artistic skills for direction and design, and skills for production roles involving skills in funding, finance, and marketing of performance theatre.
- Website: <https://ytyp.ca/>

- Wood Street Centre MAD Program
- Website: <https://musicartanddrama.weebly.com/>

### Iqaluit, Nunavut:

- Qaggiavuut: Qaggiavuut aims to strengthen, promote, advocate, and create space for Nunavut performing artists with a focus on Inuit. They host performing artist craft fairs, festivals, exhibits, and a summit where they discuss emerging needs and ideas of Qaggiavuut's performing arts environment and offer performing arts courses to provide educational opportunities for established and emerging performers in Nunavut. Though there are currently no opportunities specifically designed for teenagers here, teens are welcome and encouraged to participate in all other events and courses offered.
- Website: <https://www.qaggiavuut.ca/>

### Vancouver, British Columbia:

- Vancouver Young Actors School
- Website: <https://vancouveryoungactorschool.com/>
- Carousel Theatre for Young People
- Website: <https://www.carouseltheatre.ca/>

### Calgary, Alberta

- Calgary Young Peoples Theatre
- Website: <https://cypt.ca/>
- Calgary Actos Studio
- Website: <https://calgaryactorsstudio.com/fall%2Fwinter-classes#b9c97b01-3c50-4754-af82-14e27d72c2b3>

### Montreal, Québec

- I.O. Acting & Creative Studio
- Website: <http://www.ioactingstudio.com/>
- Geordie Theatre

- Website: <http://geordie.ca/>

## Saskatoon, Saskatchewan

- SASK Express
- Website: <https://saskexpress.com/saskatoon-studio>
- Gordon Tootoosis Nīkānīwin Theatre
- Website: <https://www.gtnt.ca/>

## Ottawa, Ontario:

- The Ottawa Children's Theatre
- Website:
- Ottawa School of Theatre
- Website: <https://www.ost-eto.ca/>

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