

COASTAL BALLET CENTER FOR THE ARTS

presents

Act One Acting Lab

Foundations for acting, skills for life.

**Ages
8-18**



**All
Levels**

Does your child have a spark for performing?

In Act One Acting Lab, we train young actors - from first-timers to seasoned performers - in the craft and technique behind truthful, engaging performances. Students learn to bring characters to life, connect with an audience, and make bold, grounded choices through scene work, audition practice, and creative exploration - all in a supportive, inspiring space.

Guided by professional actor Staci Lawrence, our students will learn to:

- * Create truthful, grounded performances
- * Explore character types across genres
- * Use their natural presence to shape their roles
- * Break down scenes, rehearse, and prepare for auditions
- * Take creative risks with improv and writing
- * Build collaboration, rehearsal, and performance skills