



TORONTO
FRINGE
FESTIVAL

FOR IMMEDIATE RELEASE

A New Solo Show Dives Deep — Comes Up Laughing and Then Some.

(June 2, 2026) Toronto, Canada-- It's a powerful word **LIFEGUARD**. What does it mean to stand watch over others while quietly trying to keep your own head above water? That's the question at the heart of **LIFEGUARD: The Only Job AI Can't Do**, a funny, moving, and deeply human solo show premiering at the Toronto Fringe Festival. Written and performed by; actor, comedian, and storyteller **Kathryn Haggis** and directed by solo-guru **Tracey Erin Smith**.

"Water is one of the only places left where we can connect with ourselves and families without a phone", says Haggis, the self-proclaimed, Willy Loman, of the Toronto acting scene, (*think Graywatch, not Baywatch*). AI can process data, but it takes human connection to pull you to safety. At a time of rising costs, isolation, and the threat of job loss, unplug and lean into the words of this gifted storyteller whose emotional strength and perseverance has found her island of happiness.

LIFEGUARD is dramaturged by celebrated Canadian playwright **Judith Thompson**, a two-time winner of the Governor General's Award for Drama and whose work has earned national and international acclaim. The show is directed by Tracey Erin Smith, Broadway Award winning theatre director/actor, television host, and bestselling author of the book *Flying Solo*.

Kathryn Haggis has been a Fringe favourite since 1996, when NOW Magazine named her one of the *Top Ten Performers to Watch* for her solo show *All My Life's a Benefit*. She co-wrote and performed *Queen for a Day* at Fringe 2006 and *Taste of the Danforth* at Buddies in Bad Times' Rhubarb Festival. More recently, she performed at the Edinburgh Fringe in 2019 in Judith Thompson's *Watching Glory Die* at the Assembly Theatre, directed by Judith Thompson. Kathryn was also a member of the Second City Tour Co. and has multiple on-screen credits in film and television, including *My Big Fat Greek Wedding* Trilogy playing, Cousin Marianthi.

"Swimming has saved me — financially, physically, and emotionally — many times over," says Haggis. "This year's Fringe celebrates a lifetime of skills and choices I'm grateful for, both on and off the stage."

Don't wait for someone to blow the whistle — get your tickets before this one sells out.

For tickets and more information: [Toronto Fringe Festival](#).

Media enquiries:

Jennifer Murray (416) 820-970
jamurray57@gmail.com

Toronto Fringe Media Contact:

Damien Nelson
damiel@wantandable.ca