

Julia deGruchy

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I am a teaching artist that loves to ignite playful possibilities in others so they can contribute their individual talents towards a happier and healthier community.

EXPERIENCE

The Misericordia Home, Chicago — Resident Events & Program Instructor

Oct '25 - Present

Apart of the Residents Events team, I bring fun and engaging social activities to the residents at Misericordia, who have severe and profound mental and physical disabilities. I created and implemented music and movement programming for specific groups on campus. I have design and teach an adaptable, arts integrated, sensory based curriculum that has shown to be a favorite amongst staff and residents alike.

Bubbles Academy, Chicago, IL— Early Childhood Arts & Development

April '23 - Present

I teach a variety of arts-integrated parent/child classes for ages 0-4yrs to promote healthy sensory, motor and emotional development. These classes include: Art & Music, Preschool Prep, Gentle Separation, Family Music, Creative Movement and Sensory Art. These classes are meant to strengthen the bond between a child and their primary caregiver, while teaching the adults how to gently facilitate their child's development, curiosity, ingenuity and autonomy. I also teach preschool enrichment and CPS after school enrichment classes.

Aloft Circus Arts, Chicago, IL— Aerial & Circus Arts Instructor

Dec '23 - Present

I lead trapeze classes for adults, with an emphasis on body awareness, mobility and anatomy. I also teach general circus arts and mixed aerial to kids 4-6 and 7-12, incorporating vestibular and proprioceptive exercises to help their gross motor development and body awareness, as well as employing social emotional learning techniques to build positive relationships.

Get a Grip Trapeze (Formerly TSNY), Chicago— Aerial Instructor

April '23 - Feb '25

I led open level trapeze classes for adults, with an emphasis on body awareness, mobility and anatomy. Because the classes are open level and drop-in based, I would have a variety of ages, skills levels, and strength levels join my classes, so I engaged in an adaptive style of teaching, bringing a buffet of options to the class so each participant could choose what worked best for them.

PlayMakers Laboratory, Chicago— Company Member

Jan '21 - Present

I am a part of the ensemble devising process that takes children's original stories and brings them to life! PML comes into CPS schools to co-teach with their classroom teacher, giving structure to narrative writing skills, while encouraging students to tell their original stories, silly, fictional or non-fictional as a mode of personal expression. Towards the end of the school year, PML members like myself gather these stories and bring them to life in a sketch-like format to perform for each school.

Circesteem, Chicago, IL— Circus Instructor

Sept '21 - June '23

I teach circus to children ages 5-17 during after school activities, birthday parties & community events. CircEsteem uses Social Emotional Learning techniques to provide a supportive & inclusive environment for youth to develop confidence, body awareness and community empathy.

SKILLS

Adaptive Education Planning

Classroom management

Developmental Scaffolding

Interpersonal Communication

Social Emotional Learning

Project Management

Interpersonal Communication

Creative System Development

STRENGTHS

Clear Direction

Playful

Curious

Enthusiastic

Reliable & Objective

INTERESTS

Socio-Political Art Activism

Community Art Making

Health & Wellness

Therapeutic Arts

Community Building

REFERENCES

Bobbi Kidder:

bobbi.kidder@gmail.com

Sibel Golden:

sibel@seattlearttherapy.org

Brittney Congleton:

brittney@bubblesacademy.com

Daniel Parsons:

330-978-8475

The Music Playhouse of Chicago, Chicago, IL— Music Teacher

March '21 - July '23

I taught music to ages 0-6 to foster independent music accuracy. I used props and instruments to show parents how to model music making for their child. I led group musical prompts to assist early pitch and rhythmic skills.

Wilmette Parks and Rec, Wilmette, IL— Circus Program Director

April '21 - August '21

I collaborated with the Parks and Rec district to develop a youth circus program for the summer. I developed and taught workshops and created a summer camp curriculum for ages 7-14 to learn general circus skills such as juggling, tumbling, hula hoops & clown.

The Stage School, Park Ridge, IL— Drama Instructor

March '21 - June '21

I taught drama basics weekly to children ages 6-14 through improv and collaborative games, script readings and scene creation. Throughout the session, we worked with specific scenes from classic shows, and I directed them for a final revue style production.

Fit City Kids, Chicago, IL— Young Childhood Movement Instructor

March '21 - Nov '21

I worked with ages 2-4, leading gross + fine motor movement games, and exercises to promote vestibular and proprioceptive development. I also taught fitness fundamentals to ages 7-10 with an emphasis on team-building and body appreciation/acceptance.

EDUCATION

Northwest Creative & Expressive Arts Institute; Facilitator Training Program

Jan '25-Dec '25, Hybrid format with classes online and in-person training in Seattle

Sibel Golden, PHD, LMHC, REAT: Lead Instructor and Executive Director
Bobbi Kidder, MA, RDT/BCT: Personal mentor for drama therapy
Topaz Weis, REACE: Group mentor for ethics and facilitative adaption
Kyle Brandt-Lubart, LSCW/REAT: Expressive Arts in Community Transformation
Kim Atwood, MA, LPC, CST: Music Therapy in Expressive Arts

The Actors Gym Professional Training Program: Sept '19 - June '21, Chicago

Major/Minor: Duo Trapeze/Juggling

Adrian Danzig: Clown
Amanda Crockett & David Corlew: Trapeze & Duo Trapeze
Sylvia Hernandez-DiStasi: Tumbling, Corde Lisse
David Chervony and Cyril Rabbath: Juggling
Michel Rodriguez-Cintra: Modern & Cuban Dance, flying low technique, handstands
Flora Bare: Tumbling

The Wilma Theatre HotHouse Professional Training: February '18 & June '19, Philadelphia

Justin Jain: Theodoros Terzopoulos Technique
Blanka Zizka: Text analysis & Jean Renee Voice Technique
Jungwoong Kim: Contact Improv, Site Specific Dance, Contemporary Dance

The University of the Arts; BFA Musical Theatre: Graduated 2017, Philadelphia

Jenna Pastuszek: Jazz, Musical Theater & Pop Voice styles
David Jenkins: Music Theory & Ensemble Direction
Ernie Losso (studied with Sanford Meisner): Meisner Technique
Rosey Hay: Stanislavski Method
Linda Henderson: Piano & Musicianship
Amy Dugas Brown: Viewpoints Method & Rasa Boxes
D'Arcy Webb: Voice & Speech
Nancy Kantra: Ballet, Laban Technique; Rex Henriquez: Jazz; Peter Rios: Tap

AWARDS & CERTIFICATION

Independant Artist Program

2025 – Grantee by Chicago Department of Cultural Affairs and Special Events

Direct Support Professional

2025 – Illinois Department of Public Health