

# Julia deGruchy

Actor vocalist circus Artist

I am a teaching artist that loves to ignite playful possibilities in others so that they contribute their individual talents towards building a happier, more unified, community.

## EXPERIENCE

### **Lisa Spring Studio, Chicago, IL— Aerial Sling Instructor**

I teach beginner aerial sling to adults through a combination of aerial fitness conditioning, mobility exercises and creative exploration.

### **Circesteem, Chicago, IL— Circus Instructor**

I teach circus to children ages 5-17 during after school activities, birthday parties & community events. CircEsteem uses social and emotional learning techniques to provide a supportive & inclusive environment for the Chicago circus community.

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

I teach music to ages 0-6 to foster independent music accuracy. I use props, instruments and movement to show parents how to model music behaviors for their child and create meaningful memories with music.

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

I collaborated with the Parks and rec district to develop a youth circus program. In the spring we released a few workshops and I created and taught a summer camp curriculum for ages 7-14.

### **The Stage School, Park Ridge, IL— Drama Instructor**

I taught drama basics to ages 6-14 through games, script readings and scene creation. I also directed them in a small revue style production.

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

I worked with ages 2-4 to assist in the exploration of colors, motor skills, animals and letters through multi-sensory movement games and exercises. I also taught fitness fundamentals to ages 7-10 with an emphasis on team-building exercises & circuits with coordination and proper form.

### **Kids Heart Yoga, Chicago, IL — Yoga Instructor**

I taught virtual and outdoor yoga classes for ages 4-5. Each week included themed mindfulness activities, sing-alongs, mini yoga flows, interactive games and dancing! I utilize the other art forms to help kids discover positivity, empathy and stability in the practice.

## EDUCATION

### **The University of the Arts, Philadelphia**

BFA Music Theatre, 2017

### **The Actors Gymnasium, Chicago**

Certificate in Circus Arts; Major in Duo Trapeze/Minor in Juggling 2019-2021

**Phone:** 484-769-6751

**Email:** jdegruchy3@gmail.com

## SKILLS

Time management

Critical thinking

Ensemble building

Organization

## STRENGTHS

Clear Direction

Playful

Curious

Enthusiastic

## INTERESTS

Social Circus

Social Emotional Learning

Community Arts

Devised Creation

## REFERENCES

**Flora Bare:** 718-974-7574

**Danielle Gennaoui:**

314-443-9552

**Daniel Parsons:**

330-978-8475

**Adrian Danzig:**

312-371-9751