



Which hockey program should my child join?

Yerba Buena Rink offers skating and beginner ice hockey classes. The San Francisco Sabercats Youth Hockey Club offers an 8U Mites program. As players progress, Skating School coaches will advise families on the next best step - whether that means continuing in the Skating School or transitioning to the Sabercats 8U program. When a player is ready for 8U, Sabercats coaches will help determine the right time to make that move.

Our goal is to help each player build the confidence and skating and hockey skills needed for a positive and successful experience in 8U and beyond. Use this guide to choose the recommended path below, then click the buttons to complete registration.

Before you begin

Returning skater? Check to see if you received an email from the club instructing which path your skater should take. How to register: Choose the recommended pathway, then click every black box from left to right, completing each registration before moving to the next.

PATH 1

Full Sabercats 8U Mites

Best for: Players invited to the full 8U program, including returning age-eligible 8U players and players assessed as ready.

What to do: Get a current USA Hockey membership number, then complete the full-season TeamSnap registration.



2026-27 season: August 29, 2026 through March. Practices: Saturday 6:45-7:15 a.m. and Sunday 7:15-8:45 a.m. at Yerba Buena Gardens Ice Arena. Coach: Shane Holland. Bay Area jamborees are also planned.

PATH 2

Sabercats 8U Hybrid

Best for: Players ready to begin practicing with 8U but who would benefit from additional foundational development.

What to do: Complete three items: USA Hockey membership, Sabercats Sunday Skate registration, and the rink's Rookies class registration.



Hybrid players skate with Sabercats on Sundays from 7:15-8:45 a.m. and also attend Rookies. Coaches monitor progress. When ready, families can move into full 8U and pay a prorated balance for the remaining season.

PATH 3

Rink Hockey Skating School

Best for: Players whose email recommends more skating and hockey development before joining Sabercats 8U.

What to do: Use the rink registration page and choose the level named in your email: Hockey 1, Hockey 2, or Rookies.

YOUTH CLASSES SIGNUP

At rec.us, choose Programs > Youth Classes if the class list does not open automatically. Rink and Sabercats coaches will help identify the right next step as the player progresses.



Youth Class levels and registration checklist

Yerba Buena Gardens Ice Arena Hockey Skating School

LEVEL	WHAT THE CLASS IS FOR
Hockey 1	Players who are very new to hockey and skating.
Hockey 2	Forward strides, tight turns, forward crossovers, backward C-cuts, and forward skating with puck handling.
Rookies	Two-foot stops, forward crossover starts, backward stops, Mohawk transitions from forward to backward skating, and backward skating while stick handling.

Before you click register

1 Use your family's recommendation

Do not select a more advanced path simply because space is available. The recommendation is intended to place your player where they can build skill and confidence.

2 Check the correct season or session

Class dates and availability may change. Confirm the listed session, day, time, age requirements, and price on the registration page before paying.

3 Have your USA Hockey number ready

A current USA Hockey membership number is required for the full 8U and hybrid Sabercats paths. The rink-only development path does not list this as a signup step in the SFYHA recommendation.

4 Hybrid families must register twice after USA Hockey

The TeamSnap Sunday Skate registration and the rink's Rookies registration are separate transactions. Completing one does not complete the other.

Registration links

USA Hockey: <https://membership.usahockey.com/>

Hybrid Sunday: <https://go.teamsnap.com/forms/528977>

SF Sabercats: <https://www.sfsabercats.org/>

Full 8U: <https://go.teamsnap.com/forms/528635>

Youth Classes: <https://rec.us/organizations/yerba-buena-gardens>

On the Yerba Buena page, choose Programs > Youth Classes.