2. ArrayList Class :: Inserting Elements

To insert a new element call the **`void add(int index, E e)`** method:

```
names.add(1, "Ann");
```

Note that "Ann" is inserted and becomes the element at index 1 while the elements at indices 1, 2, 3, ... are moved to become the elements at indices 2, 3, 4, ...

In general, if a new element is inserted at index i then the elements at indices i, $i + 1$, $i + 2$, ..., *size*() - 1 will be moved to indices $i + 1$, $i + 2$, $i + 3$, ..., *size*() and the new size of the *ArrayList* will be *size*() + 1.

If *index* is equal to *names.size*() then *e* will be appended to the ArrayList—as if **`boolean add(E e)`** had been called. It is an error for *index* to be less than 0 or greater than *size*().

2. ArrayList Class :: Removing Elements

To remove an element call the ***E remove*(int *index*)** method:

```
String s = names.remove(1);
```

remove() returns the element that was removed so *s* would be "Ann".

2. ArrayList Class :: Using the Enhanced For Loop with ArrayLists

To access each element of an ArrayList we can write a **for loop**:

```
for (int i = 0; i < names.size(); ++i) {
  System.out.println(names.get(i));
}
```

which will print:

```
Emily
Bob
Carolyn
```

This can also be accomplished using the **enhanced for loop**:

```
for (String name : names) {
  System.out.println(name);
}
```