```java
import java.util.ArrayList;

class Contact
{
public static void main(String []args)
 {
ArrayList<String>con=new ArrayList<String>();
con.add("ABC");
con.add("DEF");
con.add("GHI");
con.add("Java");
con.add("lab");
for(String con1:con)
System.out.println(con1);
System.out.println("Retrieve"+con.get(3));
System.out.println("Update"+con.set(4,"OOPs"));
System.out.println("Delete"+con.remove(1));
}
}
```

Output

ABC

DEF

GHI

Java

lab

RetrieveJava

Updatelab

DeleteDEF