Access control in Swift is a way to restrict access to parts of your code. It is implemented using the following five access control levels:

- **open:** The most permissive access control level. Entities marked as open can be accessed from anywhere within your code, including other modules.
- **public:** Similar to open, but public entities can only be accessed from within the defining module.
- **internal:** The default access control level. Entities marked as internal can be accessed from anywhere within the defining module, but not from other modules.
- **fileprivate:** Entities marked as fileprivate can only be accessed from within the same file as the entity is defined in.
- **private:** The most restrictive access control level. Entities marked as private can only be accessed from within the same scope as the entity is defined in.

Access control can be applied to classes, structs, enums, protocols, functions, properties, and variables.

Here is an example of how to use access control:

Swift

```swift
public class MyClass {
    private var myProperty: String = "Hello, world!"

    public func myFunction() {
        print(myProperty)
    }
}

// Accessing the myProperty property from outside of MyClass will not work.
// let myClass = MyClass()
// print(myClass.myProperty) // Error: 'myProperty' is inaccessible due to 'private' protection level

// Accessing the myProperty property from within MyClass will work.
let myClass = MyClass()
myClass.myFunction() // Prints "Hello, world!"
```

Access control is a powerful tool that can help you to write more secure and maintainable code. By using access control, you can restrict access to parts of your code and prevent unauthorized changes.

Here are some additional benefits of using access control:

- **Modularity:** Access control can help you to create modular code that is easy to understand and maintain.
- **Security:** Access control can help you to write more secure code by preventing unauthorized access to sensitive data and functionality.
- **Readability:** Access control can make your code more readable and easier to understand.

Overall, access control is a valuable feature of Swift that can help you to write better code.