THE APP ACADEMY

Here are some useful links to iOS and Swift documentation and some tutorials.

Prototyping Tools:

Marvel
Really easy to get started with some simple sketches and the Marvel app on your phone.

Invision
A great tool if you want to create some clickable prototypes.

About Swift and iOS:

This free ebook will learn you all about Swift as a language.
This ebook will get you started on creating your own iOS app.

Read more about Apple's User Interface guidelines
Read everything about code in the documentation.

Tutorials:

Ray Wenderlich has all kinds of good tutorials, from beginner to experienced.
Apple also has a great beginner tutorial.

If you want to look up something more specific, you can find a lot of good tutorials on Youtube.
If you are stuck and are looking for a solution, try asking a question on stackoverflow, or look for somebody who had a similar problem and check if someone else found a solution already.

Books:

If you're more old fashioned or just really like to make notes en doodles on the go, try iOS programming and Swift Programming from Big Nerd Ranch. Although you might want to wait for an updated Swift 4 version, it is also great practice to see for yourself what has changed from Swift 3 to Swift 4.