**iOS**, short for **iPhone Operating System**, is Apple’s proprietary mobile operating system that powers devices like the iPhone and iPad. It enables users to interact with their devices through intuitive gestures and provides a platform for app development using tools like **Swift**.

Here are **five free resources** where you can learn more about iOS development:

1. [**Apple Developer**](https://developer.apple.com/learn/): Apple’s official platform offers courses, tutorials, and practical experience in creating apps using Swift and Xcode.
2. [**Coursera**](https://www.coursera.org/courses?query=ios%20app%20development): Explore various iOS app development courses, including those from the University of Toronto and University of California, Irvine.
3. [**CodeX on Medium**](https://medium.com/codex/10-websites-to-learn-ios-development-ac16229a8b44): Discover a list of free websites and resources for learning iOS development.
4. [**Pocket Tactics**](https://www.pockettactics.com/what-is-ios): Pocket Tactics provides an explanation of iOS and its role in iPhone interaction.
5. **Apple Developer Academies**: Sharpen your skills with a full curriculum for future professional developers, offered by Apple Developer Academies.

Remember, practice and hands-on experience are essential for mastering iOS development! 📱💻